

# Summer Safety Tips

*Enjoying Summer Activities with safety in Mind*

## **Balfour Beatty** Communities

Warmer temperatures and longer days means spending more time outdoors with family and friends! With more of us engaging in outdoor activities like sporting events and picnics, summer fun can also result in more injuries. To ensure we enjoy summer activities with safety in mind, the following are simple safety tips to follow:

### EXERCISE

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- Avoid midday sun by exercising in the morning or evening when it's likely to be cooler outdoors. If possible, exercise in the shade or take on indoor activities at the gym.
- Lightweight, loose fitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat.
- Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

### SUN EXPOSURE

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- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m. Even on an overcast day, up to 80 percent of the sun's UV rays can get through the clouds.
- On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays. SPF represents the degree to which a sunscreen can protect the skin from sunburn. The higher the number, the better the protection.
- Reapply sunscreen every two hours or after swimming or sweating.

### BARBECUES

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- Place your grill at least 10 feet away from other objects including the house and any shrubs or bushes.
- Never bring a barbecue grill inside your home or garage. This is both a fire and carbon monoxide poisoning hazard.
- Keep children and pets away from fires and grills. It is a good idea to establish a safety zone around the grill and instruct children to remain outside the zone.

### BICYCLING

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- Whether it's daytime, at night or during bad weather, you need to be seen by others. Wear bright colored clothing like neon or something that reflects light such as reflective tape or flashing lights.
- Always wear a helmet! Helmets should be worn so that they are level on the head and not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction.
- Go with the flow of traffic, not against it. Ride on the right in the same direction as other vehicles.

*Have a fun and safe summer!*

