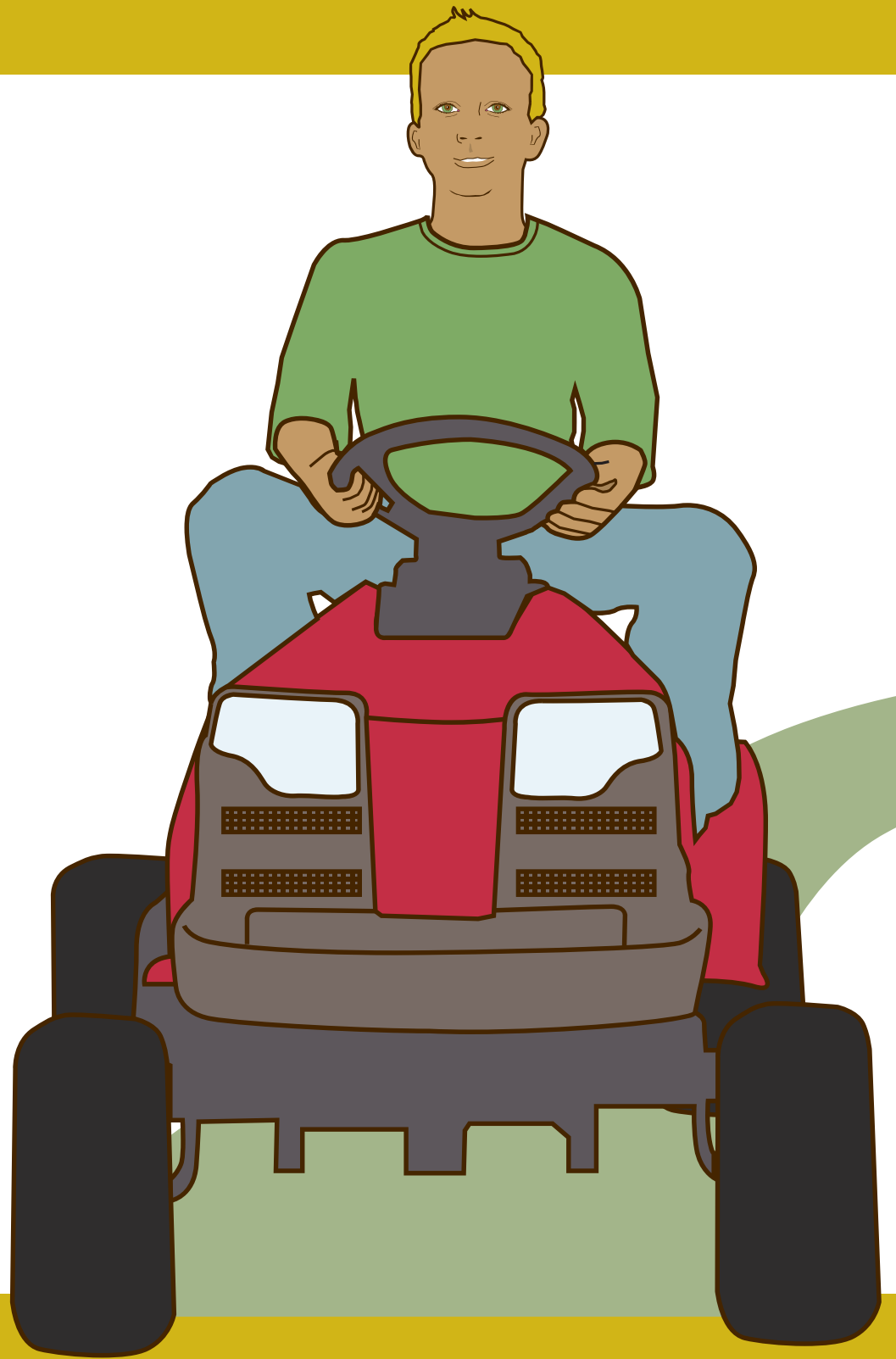


# COMMON SUMMER INJURIES

Summer is traditionally a season of relaxation and recreation—yet it is also the most common time for injuries to occur at work and at home. Observe some of the following tips to prevent injuries and enjoy a safe summer.



## PREVENTION

### HEAT EXHAUSTION & HEAT STROKE

Participate in physical activities in the early mornings or evenings when it is cooler; wear loose-fitting clothing; and drink plenty of water (and avoid alcohol) to help prevent heat exhaustion.

### INSECT BITES

To prevent insect bites, wear long-sleeved clothing and keep skin covered. Also, using approved insect repellents containing DEET on exposed skin and clothing can help prevent spread of disease.

### AUTOMOBILE ACCIDENTS

Drivers can help prevent crashes by being aware of the number of cars on the road and remaining alert, not only for other cars but also for pedestrians. Also, remember to fasten your seatbelt for all trips, short or long.

### SLIPS, TRIPS & FALLS

Slips, trips, and falls represent a major cause of accidental death and injury, in both the home and work environment. To prevent slips, avoid walking in areas which pose slipping hazards if at all possible. Always promptly clean up spills of slippery substances. Keep objects that could cause someone to trip out of the way and always use fall protection equipment when it is required.