

## Summer Safety Tips

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Each season brings different pleasures - during the summer, we can finally spend a lot of time outside, especially taking fun day trips and camping trips. Safety is an important part of that fun, and here are just a few suggestions to keep in mind:

- dress appropriately for the weather and activity
- if an outdoor activity will be longer than 3 hours, plan for breaks, snacks, and beverages
- check lawns and play areas for rocks, broken items, insect nests and other hazards
- play safely – introduce new activities carefully and with patience – children and adults both need time to practice new skills
- store perishable food in cool areas: fridges or coolers
- food attracts animals and insects, store in a cooler or in the car – never in your tent
- when in doubt, boil drinking water for 5 minutes
- keep constant watch over children around water, campfires, parks, and public places
- make sure others that are caring for children are aware of any food or insect allergies
- keep a first aid kit on hand
- when using sunscreens and insect repellants, read and follow all label instructions
- eliminate mosquito breeding sites around you (standing water in plant pots, pool covers, garbage bins, pet bowls, clogged eaves troughs)
- if you come in contact with poison ivy, wash the area carefully with soap and water, and seek the advise of a physician if a rash develops

Make health and safety an important part of your life. For more information, contact the Occupational Health and Safety Manager, Gail Sinclair at 541-3036 or email: [gsinclair@ssrsb.ca](mailto:gsinclair@ssrsb.ca)