



Summer Safety Gram

Summer Safety Checklist

Summer is now upon us and the 4th of July holiday is right around the corner. The summer sun is shining hot and bright. NOAA employees are working and playing in summers extreme conditions and generally having a good time in the "Good Ole Summer Time"!

It's a time of celebration, recreation, staying awake long hours and driving more miles than your body has the energy for. It's also a time for working out doors if you're lucky enough to have a NOAA occupation that requires it.

With all those work and play summer activities, the following safety tips are offered to make your summer a safe and happy one.

Sun Safety

- Limit your sun exposure between the hours of 10 am and 4 pm
- Get some sun-protective clothing
- Wear a hat and sunglasses with UV ray protection
- Replace any sweat-saturated items with dry clothing
- Apply sunscreen with a sun protection factor (SPF) of at least 15
- Apply sunscreen on both sunny and cloudy days
- Apply sunscreen every two hours, or after swimming or sweating

Heat Safety

- Reduce the intensity of activities 15 minutes or longer in length
- Make sure you are well-hydrated
- Limit outdoor physical activity in a place with a warmer climate
- Allow your body to acclimate to the change in temperature

Pool Safety

- Never leave a child unsupervised in or near a pool or spa
- Teach children 4 and older to swim
- Avoid inflatable swimming aids such as "floaties"
- If possible, install a 4ft tall or higher fence around all sides of the pool
- Do not use a pool or spa if there are broken or missing drain covers
- Always employ a feet-first entry

Protect Against Bugs

- Use insect repellents to guard against ticks
- Wear long sleeve shirts and long pants when going outside
- Never leave stagnant pools of water around the house
- Avoid using scented soaps or perfumes

Safety on the Road

- Driving and texting don't mix
- Never drink and drive
- Plan your outing...know the area and pack accordingly
- Perform a vehicle check-up
- Slow down...enjoy the drive
- Get a good night's sleep the night prior and take frequent rest stops
- Keep emergency supplies in your vehicle

Fire Safety

- ***Never use gasoline to start a BBQ grill or campfire***
- ***BBQ grills are meant for outdoor use only***
- ***Ensure charcoal is cool and completely out before disposing***
- ***Hot surfaces are not limited to cooking surfaces***
- ***Build campfires in appropriate areas***
- ***Ensure campfires are completely out before leaving***

10 fireworks safety tips you should use and teach to your kids.

- ***Fireworks packaged in brown paper are made for professional displays – avoid buying!***
- ***Always have an adult supervise fireworks activities, especially with sparklers.***
- ***Back up to a safe distance immediately after lighting fireworks.***
- ***Never point or throw fireworks at another person.***
- ***Keep a bucket of water or a garden hose handy in case of fire and to douse used fireworks before discarding in trash.***
- ***Never allow young children to play or ignite fireworks.***
- ***Never carry fireworks in a pocket or shoot them off in metal or glass containers.***
- ***Never try to re-light or pickup fireworks that have not ignited fully.***
- ***Never place a part of your body directly over a firework device when lighting.***
- ***Make sure fireworks are legal in your area before buying or using them.***

Finally, while all who are able are working in or enjoying the summertime weather, don't forget those that can't get out in or escape the summer heat. In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.