



News you can use...from your EAP

Summertime Safety Tips

Summer is almost here. With you and your family spending more time outdoors, around pools and water, or in the sun, keep these important safety tips in mind to safeguard you and your family against summer hazards.

While hiking or camping:

The American Red Cross recommends:

- Make a hiking checklist and include equipment and supplies you will need. Consider emergency situations.
- Get in good physical condition before strenuous trips.
- Hike with at least one companion. If going to a remote area, a minimum of four is best.
- Stay in designated areas. These are usually mapped out with the public's safety in mind.
- Leave a copy of your itinerary with a responsible person. Include car information, equipment you're bringing, weather anticipated and when you plan to return.

Water and pool safety:

The National Safety Council recommends:

- Never jump or dive into a body of water until you know the depth or of any obstacles or dangers that might be beneath the surface.
- Never drink alcohol while boating or engaging in any other water sport.
- Do not let your child play around any water (lake, pool, ocean, etc.) without adult supervision (even if your child is a good swimmer).
- Warn your children about playing in canals or any other fast moving water.
- Do not consider your child "drown proof" because they had swimming lessons; young children should always be watched carefully while swimming.
- Never swim alone and only swim where it's designated safe to do so.

Sun protection:

The American Cancer Society recommends:

- Always wear sun block and keep your skin and head covered as much as is comfortable. Never stay out in the sun for too long. This can help prevent against sun or heat stroke, as well as a safety precaution to avoid skin cancer.
- For children, apply an ultraviolet sun block with a Sun Protection Factor (SPF) of 15 or more whenever your child is exposed to the sun. SPF 15 means that you are protected from a reaction to the sun's rays 15 times longer than without the sunscreen. Read the label and know when to reapply.
- Keep your children out of the sun between 10 a.m. and 3 p.m., when the sun's ultraviolet rays are the strongest.

Your EAP is here to help

Remember, your EAP is available to help you or your dependents with any personal, family or work-related concern. If you or a family member needs help, why not call your EAP today?

To obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: www.eapconsultants.com