



## Summer Health and Safety Tips:

Its June and it's the official start of summer. Although the warm weather may still be a few weeks away for us here in Newfoundland and Labrador we know it's just around the corner. Before the sunshine hits we at NLIPC wanted to remind you of a few safety tips to keep you and your love ones safe and healthy this summer. Let's take a look at a few things to keep in mind when you are making the most of the season.

- 1) Protect yourself from the sun – When the sun shines, we should make the most of it but also be sure to protect ourselves. Even when the temperature isn't overly warm, the UV index can still be high. Be sure to use a high SPF sunblock and apply it regularly, especially if you are spending time in the water. As for water.... Be sure to stay hydrated as well! The sun can dehydrate us and potentially cause heat exhaustion or sunstroke. So keep your head covered and be sure to stay hydrated to keep these not so sunny heat related conditions from happening.
- 2) Be careful on the water. According the Canadian Lifesaving Academy about 40% of drowning fatalities from recreational boating in Canada are alcohol related while leading cause of drowning is from not wearing a life preserver. If you do decide to drink be sure to enjoy alcohol responsibly and never operate any type of vehicle including boats. Also always wear your personal flotation vest while enjoying our ponds and ocean.
- 3) PPE isn't just for work. Whether you are mowing lawns, using a chainsaw, or building a deck - PPE is your first line of defense from injury. Steel toed boots cut resistant clothing and gloves, and hearing and eye protection should all be used when working around the house or yard. If you wear PPE to keep you safe at work, you should wear it to keep you safe at home!
- 4) Eat healthy and get active! The summer is a great time to get fresh produce, cook up healthy meals on the BBQ and get some physical activity. We are extremely lucky to be surrounded by some of the world's most beautiful hiking trails, picturesque streets and beautiful parks. Be sure to get out and enjoy them by being active! While you are at it, take the opportunity this summer to eat fresh food. Go to the farmers market if you have one in your town, think about leaner options for the grill and remember that the less legs a protein source has the leaner it is so you also have an excuse to get out fishing as well!

***From all of us at the NLIPC – Have a Safe and Healthy Summer!***