

10-18

26 June 2013

Safety tips for the Summer Holidays

On the Road

- ◆ Buckle up
- ◆ Pay attention, more vehicles will be on the road, including an influx of motorcyclists.
- ◆ Drive at safe speeds. Leave enough travel time in advance to avoid the urge to speed.
- ◆ Use a designated driver; if you plan on drinking, plan on a safe and sober ride.
- ◆ On the way back, drive well-rested, be patient, and remember roads will be congested.



Sun Safety

- ◆ Avoid sun exposure during the hottest hours of the sun's rays.
- ◆ Apply sunscreen with a SPF (Sun Protection Factor) of at least 15, paying special attention to the face, nose, ears and shoulders.
- ◆ Wear a hat.
- ◆ Wear sunglasses with UV (Ultraviolet) Protection.
- ◆ Drink plenty of water and non-carbonated drinks, even if you do not feel thirsty.

Grilling Safety

- ◆ Always read the use and care manual before operating your grill.
- ◆ Never leave grill unattended when in use.
- ◆ Preheat grill to no higher than medium-high. Temperature of grill should be 400 to 450°F because high heat and excess fat can cause flare-ups.
- ◆ If flare-ups do occur, move food to a cooler spot on the grill or temporarily cut off the air supply by closing lid or shutting the air vents.
- ◆ To avoid flare-ups you should drain off excess marinade or oil before putting food on grill, trim excess fat to 1/4-inch on steaks and chops, and remove skin and excess fat from chicken pieces.

Water Safety

- ◆ Swim in supervised areas only.
 - ◆ Obey all rules and posted signs.
 - ◆ Don't mix alcohol and swimming. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
 - ◆ Stop swimming at the first indication of bad weather.



Remember to make safety awareness part of your summer holiday planning. A moment's inattention is all it takes for an accident to happen. Be prepared by being aware of potential summer holiday dangers.