



Army Safety Gram

ARMY SAFE
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15-16

25 June 2015

Safety Tips for the Summer Holidays

Independence Day is a day to celebrate the birth of our great nation. Whether you participate with traditional celebrations of picnicking and fireworks or take a trip to the beach or the mountains, we encourage you and your family to be safe! Here are a few tips to keep in mind.

On the Road

- ◆ Buckle up and 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.
- ◆ Plan on a safe and sober ride; if you plan on drinking, use a designated driver.
- ◆ 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 day.
- ◆ Wear a hat, and apply sunscreen with a SPF (Sun Protection Factor) of at least 15, paying special attention to the face, nose, ears and shoulders. Wear sunglasses with UV (Ultraviolet) Protection.
- ◆ Drink plenty of water and non-carbonated drinks. Avoid alcohol and carbonated beverages.

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.

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.

Fireworks Safety

- ◆ Let off fireworks in a field or other open area where homes and power lines are out of site. Have a fire extinguisher nearby and never try to re-light a firework that did not go off when first lit.
- ◆ Be sure pets and children are at a safe distance from where fireworks are being ignited. Always have an adult present when using any type of firework.

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.

