

# SUMMER SAFETY BASICS

The warmer weather means more outdoor activities. While it is great to be active and outside, it is even greater to be safe and active and outside.

Here are some tips to make your outdoor activities safer.

**Water Safety** – Learn to swim! If you don't know how to swim or are not a strong swimmer, use a personal floatation device.



Swim with a buddy.

Swim in areas supervised by a lifeguard.

Be aware of currents and depth changes.

Enter the water feet first.

Don't drink and swim, dive or use a boat.

Don't become too tired, too cold or too far from safety.

Stop swimming and get out of the water at the first sign of bad weather.

**Lightning Safety** – Lightning can be exciting to watch, but is very dangerous.

Be mindful of developing thunderstorms.

Seek safe shelter immediately when you hear the rumble of thunder.

Do not seek shelter under tall isolated trees or objects, partially enclosed buildings, or picnic shelters.

When indoors stay away from windows and doors. Stay away from concrete and cement that may contain wire mesh or wire bars. Do not use corded phones, or have contact with electrical equipment or cords or washers/dryers. Avoid contact with plumbing – no showers or laundry during thunderstorms.

Stay in the shelter for at least 30 minutes after the last sounds of thunder.

