



# June Safety

## *101 Critical Days of Summer*



Memorial Day thru Labor Day  
Don't wait until you're thirsty!

### ***Heat Related Illness***

- Symptoms can occur when body temp exceeds 104°F
- A lack of perspiration in extreme heat may indicate a serious medical emergency (**Heat Stroke**). Watch for confusion and hot dry skin. Get medical attention!
- Muscle cramps or pain can occur if electrolytes deplete after profuse sweating/strenuous activity (**Heat Cramps**).
- Excessive loss of water & salt through sweating may cause headaches, nausea, dizziness, extreme thirst or low urine output (**Heat Exhaustion**).

### ***Sun Safety***

- Limit sun exposure
- Wear sun-protective clothing
- Use sunscreen with SPF 15
- Use sunscreen on sunny or cloudy days
- Apply sunscreen every 2 hours, and after swimming
- Replace sweat-saturated clothes



### ***Barbeques***

Use common sense regarding lighter fluid: gasoline and other similar fuels are very dangerous. Inspect LP gas lines regularly. Do not leave lit grills unattended and always have a fire extinguisher close by.

