

SAFETY TIPS FOR SUMMER BARBECUES AND PARTIES

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Summer time is one of the best times of the year. The weather warms up, everything turns green and we are ready for all of the fun summer time activities. The kids get out of school and are ready to play. High school and College graduations take place and the new graduates want to enjoy their newly found freedom. Vacations are in full swing, parks and swimming pools are open. Little league and soccer for the kids and for us adults softball and other similar summer activities, picnics and parties will be in full swing.

It is a good time but it also comes with its challenges, highway construction is at its height and long delays can be expected. The aggravation can almost be intolerable. Traffic explodes as everyone wants to be outside and younger drivers have plenty of extra time. Household jobs need done such as painting, roof repairs, new additions, driveways, patios and other summer time projects. Do not forget annual yard improvements, such as mulching, planting flowers, weeding and cutting the grass.

It is a busy time of the year and the days seem to fly by. It also is a time in our business of increased work demands. Orders are up and long days can be expected. All in all it is a time when we will be busy both at home and at work.

During this time of year safety at home and at work is very important to keep on your mind and in the minds of your family and friends. The following is a list of safety tips to keep in mind that can prevent an unnecessary accident or injury that could take away the summer time fun.

- Start with a home safety inspection - this is the time of year when all of our household tools and equipment should be inspected.
Items to Inspect:
 - Electrical cords and plugs on power equipment and tools - are they in good shape? If not repair or replace as needed.
 - Power tools and equipment - are they guarded properly? Check those mowers, weeders, drills and grinders.
 - Ladders - are they in good shape? Check the side rails and rungs, make sure the ladder is adequate for any of the uncanny jobs that you may need it for.
 - Housekeeping & storage - housekeeping contributes to a lot of unnecessary accidents. Check your garages and storage areas. Maintain clear aiseways, check shelving to make sure it can support the product stored there. Keep gasoline, paint thinner and other flammable liquids out of direct sun light. Make sure the containers are closed tight and stored in a safe area away from traffic.

- Prevent strains and sprains - This is the time of the year that many weekend warriors suffer pulled muscles, strains and sprains. It is a good idea to exercise and stay in shape all year, but at this time of the year it is also important to give your body a chance to work up to the increased activity level. Do not over do it, take your time, stretch your muscles out gently and limber up before strenuous activities. Do not try to be the home town hero in the local softball or baseball game. Remember at forty we can not do all the things that we could at twenty.
- Household work projects - more people get hurt at home than ever get hurt at work. We do not always think about our safety when working on home projects. Think about your safety before each household work project is started.
 - Do you have the right tools for the job? If not stop and get them.
 - Are they safe? Inspect and if necessary repair or replace them.
 - Plan your work out in advance. What are you going to need to do the job safely, do you need someone else to help. If so get some help.
 - Are there any safety hazards with this work activity. Climbing ladders, walking on roofs, using power mower equipment chemicals or pose safety risks.
- Protect yourself from the heat - heat can kill, every year thousands of people suffer heat stress or even worse, heat stroke. Protect yourself from these by the following:
 - Use a good sun block to prevent sunburn and future skin cancer problems.
 - Wear good sunglasses, preferably Z.87.1 approved, to protect your eyes from the suns ultra violet rays.
 - Wear light clothing where possible.
 - Drink plenty of fluids to replace the water the body loses keeping cool.
 - Wear a hat when in direct sunlight where possible.
 - Avoid long periods in the sun especially if strenuous activities are being conducted.
 - Know the symptoms of Heat Exhaustion and Heat Stroke.
- Heat Exhaustion symptoms - Pale clammy skin, rapid weak pulse, weakness, headache, nausea and dizziness.
- Heat Stroke symptoms - Flushed hot skin, elevated temperature, rapid pulse, disorientation and unconsciousness.
- If you start to suffer any of these symptoms, seek medical attention immediately.

- Highway Safety - is always important but with school out, vacations and work traffic build up just adds to the dangers. Always keep in mind the following summer driving safety tips:
 - Be alert at all times and expect the unexpected, especially from young drivers.
 - Avoid construction zones when possible.
 - Keep your cool and avoid unnecessary anger. Road rage causes normal sensible people to do stupid things.
 - Always buckle up.
 - Maintain the proper safety equipment in your truck.
 - Keep your truck in good condition, inspect every morning and wash the windows and mirrors.
 - Always be polite. I know it is hard sometimes, but your Company's name is on your truck.
 - Follow the same guidelines when using your personal vehicle and remember watch out for the kids.

- Water Safety - swimming, boating and skiing are great summer time activities, but safety has to be kept in mind.

- Swimming - teach your kids how to swim as soon as they are old enough to learn.
 - Maintain adult supervision.
 - Provide life preservers to the younger children and others who are not good swimmers.
 - Do not let anyone swim alone, use the buddy system.
 - Wait two hours after eating to avoid cramping.
 - Know water rescue procedures and life saving. The Red Cross has classes available.

- Boating & Skiing
 - Always ensure the boat is safe and has the necessary life preservers and safety equipment.
 - If alone let someone else know where you are going.
 - Follow speed rules for the area.
 - Do not take unnecessary chances or try to show off.
 - If skiing, stay in the ski lanes.
 - Do not cut in front of other boats.
 - Keep an eye on the skiers at all times.

Lets have a great summer and enjoy every minute of it that we can. Have fun but keep the above safety tips in mind. They can help prevent an unnecessary accident to you or your loved ones.

If you need any assistance with your safety programs or have any safety related questions, please call American Safety & Health Management Consultants, Inc., at 1-800-356-1274.