

# Health and Wellness Tip of the Week - Week 23

## Monthly Topic

June is *Summer Safety Month*. It's the perfect time to remind employees about the importance of having a fun, safe summer.

June 08, 2015

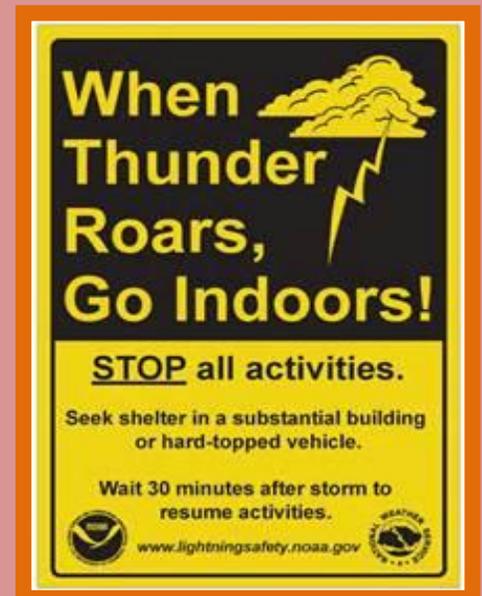
## Be Smart About Safety

Be smart about safety so no one will get hurt from summertime fun.

Summer also brings bad weather and more chance of lightning strikes. Remember to:

- Head to a safe building or car as soon as you hear thunder.
- Stay in a safe place 30 minutes after the last clap of thunder.
- Stay away from wet areas, metal objects, open fields, tall trees or objects, and hilltops.
- Keep moving toward safe shelter — don't lie flat on the ground.

*Sources: National Oceanic and Atmospheric Administration, National Weather Service; National Safety Council; Centers for Disease Control and Prevention*



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