



Health and Wellness Tip of the Week - Week 27

Monthly Topic

Enjoying summer fun should include staying safe. During July remind employees about summer safety.



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Keep Your Head Above Water This Summer

While enjoying summertime fun, don't forget safety. Drowning is ranked the fifth leading cause of accidental injury in the U.S. Stay afloat this summer with these drowning prevention tips:

- Learn life-saving skills, such as CPR.
- Install a pool fence.
- Swim with a buddy.
- Avoid alcohol when swimming or supervising children.
- Watch the weather forecast before engaging in water activities.
- Wear a life jacket at the beach or lake and at the pool if you are a poor swimmer.
- Obey beach warning signs and avoid strong waves or currents.
- Remove floats and toys from the pool and deck when not in use so children won't be tempted to enter the pool area when no one is watching.

Source: Centers for Disease Control and Prevention