

# Safety-Gram

## Title 45, Chapter 11

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# SUMMER SAFETY



**Drink plenty of water. With physical activity you can lose up to a gallon of water an hour on hot humid days.**



**Use sunscreen. If you are sweating or swimming apply often.**



**Check yourself and children thoroughly for ticks.**



**Use insect repellent and apply as directed.**



**Always wear a life preserver when boating or when you are in or around water.**