



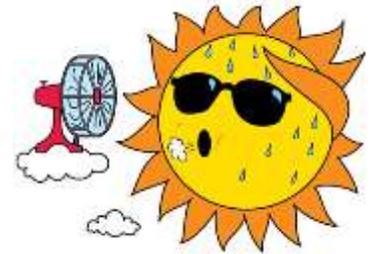
# North Carolina Wing Weekly Safety Blast



## 2018 - Topic #20 – Avoid the Summer Spike

### Reason for this Blast:

The summer season brings more than just warmer weather. It can also bring additional safety hazards to your workplace and homes. Below are just a few safety tips to help keep you, your family and your fellow member's safe this summer season.



### Safety Points:

- **Keep It Clean** – Good housekeeping can be directly related to a safer home or workplace. Keep your areas clean and organized.
- **Beat The Heat** – Drink plenty of fluids when temperatures rise. Take frequent breaks to cool down and to allow your body's thermostat to recover. During heavy work activity drink 16 to 32 ounces of water every hour.
- **Avoid Mental Vacations** – Understand your mindset and keep your head in the game. Instead of day-dreaming about your vacation at the beach next week, stay concentrated on the task at hand while you are performing a task.
- **Be Prepared** – The summer months also bring the potential for severe weather, fires and flooding. All members should know what to do in the event of a tornado, fire or flood. It's a good idea to create and review a squadron emergency action plan.
- **Take Safety Home** – While working around the house this summer, be on the lookout for potential safety hazards, such as: unguarded lawn mower blades, unattended children around the pool, grills too close to the house, insects, etc.

### MAIN DISCUSSION POINT OF THIS SAFETY BLAST

What can you do to ensure your safety and the safety of those around you during this summer season?