



# Summer Safety Month

School's out, pools are open and people across the country are looking for fun ways to cool down as summer temperatures warm up. As you head to the beach, to the pool or to the mountains for a camping trip, keep safety in mind.

## Water Safety

When it comes to water safety, learn to swim. Take some lessons at your local pool.

Always swim with a buddy, never swim alone.



- Swim in supervised areas only.
- Obey all rules and posted signs
- Don't mix alcohol and swimming
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

## Boating Safety

Whether you're the captain of a schooner or a passenger on a skiboat, following safety guidelines ensures your safety and that of other seafarers.

- Be weather wise: Bring a

portable radio to check weather reports.

- Bring extra gear you may need: a flashlight, extra batteries, matches, a map, flares, suntan lotion and a first aid kit.
- Tell someone where you are going, who is with you and how long you will be away.
- Check your boat, equipment, boat balance, engine and fuel supply before leaving.

## Sun Safety

Summer means fun in the sun! But be safe— don't let a heat-related illness ruin your day. Always drink plenty of water and take frequent breaks when working or playing in the hot weather.

## Hiking and Camping Safety

Many families will head to our national parks and forests this summer to enjoy the great outdoors. But if you're not prepared to rough it in the woods, hiking or camping can be a rough experience. The best way to help guarantee a good time for all is to plan ahead carefully and follow common-sense safety precautions.