



SUMMER SAFETY

A GUIDE FOR HEAT-RELATED INJURY PREVENTION



Summer is a popular time to get outdoors and move more. It also means high temperatures that increase your risk of heat-related illness and injury if you are not prepared.

Follow these tips to stay safe, cool and healthy this summer:

Stay Hydrated

Drink plenty of fluids before, during and after taking part in outdoor activities. Avoid waiting until you feel thirsty to drink water.

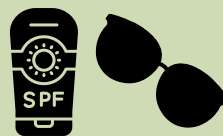


Restrict alcohol and sugary drinks, as these beverages can worsen dehydration. Alcohol prevents efficient healing of the muscles.



Limit Sun Exposure

Before going outside, apply sunscreen with an SPF of 15 or above. Wearing sunglasses and a wide-brimmed hat can also help protect you from the sun.



Schedule activities in the cooler hours of the day, such as the morning and evening. Make sure to rest in the shade often, especially during high-intensity workouts.



Useful tips to protect yourself from muscular injury during these common summertime activities:

Hiking



Understand your physical limits - check with your medical provider. Consider your personal fitness level and surrounding conditions, like temperature and humidity, when planning a hike.

Choose appropriate footwear. For trails, sturdy hiking boots with rubber soles and ankle support are best. If walking on paved paths, consider using tennis shoes.

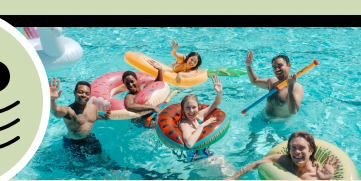
Biking



Wear a properly fitted helmet to protect your head in case of an accident. Wearing bright clothing and reflective gear can help others see you and reduce risk of a collision.

Ensure your bike works properly and fits you well prior to riding. Check that the tires are fully inflated and adjust the seat as needed.

Swimming



Warm up and stretch thoroughly before swimming to prepare for the repetitive motions. Do not try to swim if you are overheated or feel too tired, cold or ill.

Never dive into shallow or murky water. Make sure the area is deep enough and clear of obstacles before entering headfirst.

Gardening



Select tools that match the job and your abilities. Handheld tools that have handles with comfortable grips keep your wrist straight while working in the garden.

Do not squat or crouch when working low to the ground. Instead, kneel with one foot on the ground for support to help keep your back straight.

Preventative measures can keep you safe from these common types of heat-related illnesses:

Sunburn | Heat rash | Heat cramps | Heat exhaustion | Heat stroke