



# MASSAD OLINDE

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## Summer **Safety**

# Camping **CAUTIONS**

Camping is a fun way to enjoy the great outdoors. But, before you go, read this helpful advice:



Do your homework. Make sure the area where you want to stay allows camping and that campsites are safe and monitored by park rangers or security. If you choose a public campground, check for security features, such as nightly patrols, security cameras and security gates and fences. Also, watch the weather forecast to avoid potential problems.

Know your neighbors. Introduce yourself to other campers. They may be able to help out in emergencies and let you know if someone tampers with your gear.

Use your own security devices. If your RV or camper doesn't have a built-in security system, consider setting up motion lights to deter crime and critters. Pull down shades in campers and RVs to keep valuables concealed. Store food out of reach of wildlife. Use a bear-resistant container to store food or get more information at [bearsmart.com/play/securing-food-garbage/](https://www.bearsmart.com/play/securing-food-garbage/).

Follow campfire and campground rules. Keep buckets of water and blankets (stop, drop and roll) nearby. Put out your fire and don't go to sleep or leave the campfire when coals or embers are still hot. Visit the National Park Service at [nps.gov/articles/campfires.htm](https://www.nps.gov/articles/campfires.htm) to learn more.

## A Safe Day at **the BEACH**

Ocean swimming requires specialized skills. Here are some tips to stay afloat safely:

- ➔ Check conditions before entering the water. Look for warning flags and obey them.
- ➔ Make sure you're a strong swimmer before attempting to swim in the ocean.
- ➔ Never swim alone.
- ➔ Swim only in designated swimming areas with lifeguards on duty. Stay close to shore.
- ➔ Stay away — at least 100 feet — from structures such as piers and jetties. Rip currents occur in these areas.
- ➔ Watch out for rip currents in any part of the ocean, especially near breaks in sandbars. If you're caught in a rip current, don't panic. Swim parallel to the shore until out of the current and then swim toward the shore.
- ➔ Keep your eyes on children and pets at all times and stay with them while they are in the water. On shore, keep them in coast guard-approved life jackets for added safety.





## At Risk: Heat-Related Illness

In the summer, outdoor workers need to take precautions so they don't succumb to weather-related maladies such as heat exhaustion and heatstroke; the latter can be fatal. Recognize the symptoms and learn the suggested treatment and prevention methods.

### Heatstroke

#### Symptoms:

- Lack of sweating (major difference from heat exhaustion)
- Core-body temperature greater than 104°F.
- Seizures
- Dizziness or fainting; staggering
- Throbbing headache
- Confusion
- Rapid, shallow breathing
- Rapid heartbeat
- Thirst, nausea or vomiting
- Unconsciousness



#### Treatment:

Call 911 immediately and while waiting for help, move the victim to an air-conditioned or shady area. Remove unnecessary clothing. Attempt to get the victim's temperature down by applying ice packs to armpits, groin, back and neck; using a hose to wet skin; and immersing the victim in a cold shower or tub of cold water.

### Heat Exhaustion:

#### Symptoms:

- Sweating
- Weakness
- Headache, dizziness or fainting
- Confusion or irritability
- Thirst, nausea or vomiting



#### Treatment:

- Move to an air-conditioned or cooler, shadier location.
- Remove outer clothing.
- Provide cool drinking water.
- Apply ice or mist, or fan.
- Call supervisor for help or 911 if any symptoms continue.

### Prevention:

- Drink plenty of water or electrolyte-replacing fluids before you are thirsty. If it's very hot, drink every 15 minutes.
- Avoid caffeine.
- Wear lightweight, light-colored and loose clothing.
- Avoid direct sunlight, if possible.
- Take frequent breaks in shade or air conditioning.
- Modify work schedules — save the most strenuous work for early mornings — if possible.

Check it out. Have your car checked by a reputable mechanic and have them make any necessary repairs that could affect safety.

**Tip:** Check for vehicle recalls at [nhtsa.gov/recalls](https://www.nhtsa.gov/recalls).

Take a break. Plan to stop or switch drivers along the way during a long road trip. If you're feeling drowsy, pull over. If you're the only driver, take a break or spend the night somewhere. **Tip:** Set a timer so you know when to stop and stretch.

Keep children safe. Use seatbelts or car seats; children under 13 should sit in the back seat. **Tip:** Keep children occupied — books, videos, electronic devices — so they won't distract you.

Map your route. GPS signals may not work in all locations, so it's important to know the routes ahead of time. **Tip:** Bring a paper map.

Pack safely. Loose objects such as heavy suitcases could become dangerous if you need to stop quickly or are in an accident. Pack the heaviest objects on the bottom and secure other items with a webbed or corded strap or a bungee cord. Secure the pet or the pet's kennel. **Tip:** Keep windows unobstructed.

Clean it up. Keep windows, headlights and mirrors clean. **Tip:** Bring extra window cleaner and paper towels.

Plan for emergencies. Bring an emergency road kit that contains a fire extinguisher, flashlight, first aid kit, portable phone charger, flares or reflective triangles, jumper cables and extra water. **Tip:** Always travel with a spare tire and jack.

## Stay Safe in the Sand



Miles of sandy beaches can be synonymous with relaxation. However, don't relax on safety; the sand has its hazards, too.

Wash your hands after digging in or touching sand. It can harbor various pathogens such as E. coli.

Don't dig or allow children to dig tunnels or deep holes in the sand. (Holes should not be deeper than the knees of the smallest person in your group.) Always fill holes before leaving the area.

Wear shoes or flip-flops when walking on the beach to avoid burns from hot sand or cuts from shells or broken glass.

