



## FIRST AID TIPS

Untreated heat stress can quickly lead to heat stroke, a life-threatening condition:

- Call 9-1-1
- Move the victim to a cool place and remove outer clothing
- Immediately cool the victim with any means at hand, preferably by immersing them up to the neck in cold water or apply ice bags or cold packs beside the neck, armpits and groin
- Do not give the victim anything containing caffeine or alcohol
- Be ready to provide CPR if breathing stops

NSC provides CPR & AED training through both classroom and online courses. Find a training location near you, or view a demonstration of NSC online training at [nsc.org/onlinetraining](http://nsc.org/onlinetraining).

**Get certified through NSC!**

# Summer Safety TIPS

## Fun in the Sun

Everyone enjoys a little bit of summer fun, but it's always important to monitor the weather conditions in extreme heat – especially if you plan on being outside.

### Here are some tips to keep in mind:

- No matter how long you plan on being out, wear sunscreen with an SPF of at least 15
- Take water breaks every 15 minutes when working or playing outdoors – try to set up a shady or air conditioned recovery area
- Wear a hat and UV-absorbent sunglasses
- Eat small, light meals before outdoor activity

## Listen to Your Body

Even after following all the necessary precautions, you should still be on the lookout for overexertion. Overexertion accounts for about 3.3 million emergency room visits a year in the United States, and symptoms can be heightened in the heat.

### Stop and take a break if you experience the following:

- Dizziness
- Sore or painful muscles
- Pulse higher than recommended exercise pulse for your size and physical condition
- Feeling very hot and sweating profusely
- Low abdominal pain
- Nausea

## Yard Safety

Yard upkeep is essential during the warmer months, but is also a common cause of injury. Lawnmowers alone send tens of thousands of people to the emergency room each year.

### Don't start mowing until you:

- Know how to operate the equipment and follow safety instructions
- Fill up the gas tank when the engine is cold
- Clear the area from rocks and sticks to prevent flying debris
- Wear eye and ear protection, and appropriate shoes and clothing when operating the lawnmower or working nearby
- Keep children and pets away from the area

