

Army *Safety* Gram

Leading on the Edge for Safety *Excellence*

08-12

24 September 2008

Spring Break Safety Tips

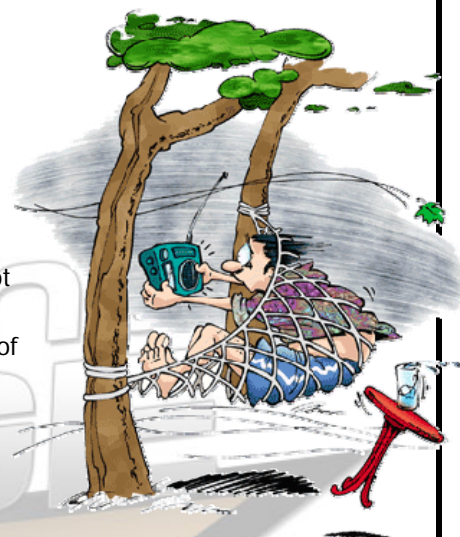
Spring break is a great time for the family to get away from the cold, dark days of winter and have some fun in the sun. Keep your family safe while on your trip by following these tips.

Don't drink, but if you are of legal drinking age and you do decide to drink:

- ◆ Don't drink too much!
- ◆ Decide in advance what and how much you will drink.
- ◆ Plan on how you will refuse once you reach your limit.
- ◆ DO NOT DRIVE. Use a designated driver or choose public transportation.

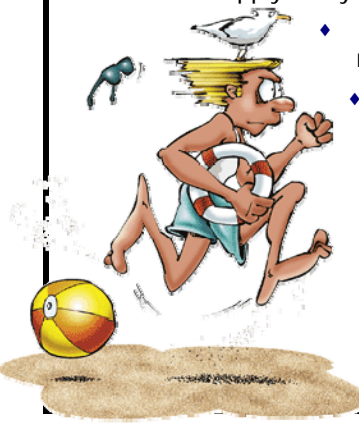
Outdoor Recreation Tips

- ◆ Drink plenty of water, non-carbonated and non-alcoholic drinks, even if you do not feel thirsty.
- ◆ Be aware of the weather conditions. It can change quickly. Seek shelter in case of storm.
- ◆ Watch out for traffic – many outdoor recreation areas allow cars.
- ◆ If you head to the beach, stay within the designated swimming area and ideally within the visibility of a lifeguard.
- ◆ Never swim alone.
- ◆ If you plan on boating make sure you wear a personal flotation device. On a larger boat, locate the life jackets, life rings and lifeboats so if the captain gives the order to use them, you can reach them quickly.



Sun Safety for the Family

- ◆ The sun's rays are the strongest between 10 a.m. and 4 p.m. Try to keep out of the sun during those hours.
- ◆ The sun's damaging UV rays can bounce back from sand, snow, or concrete; so be particularly careful of these areas.
- ◆ Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.
- ◆ When choosing a sunscreen, look for the words "broad-spectrum" on the label - it means that the sunscreen will screen out both ultraviolet B (UVB) and ultraviolet A (UVA) rays. Choose a water-resistant or waterproof sunscreen and reapply every two hours. Make sure you use a minimum of SPF 15 (the higher the SPF number the better).
- ◆ Wear sunglasses. When buying sunglasses, read the label to make sure they are made of a material which will protect against ultraviolet radiation.
- ◆ Cover up with clothing. A hat, long-sleeved shirt, and pants are recommended. Light colored fabrics reflect the heat and feel cooler.



While you are enjoying the beautiful weather and your break from work and school, remember to take your on the job safety awareness with you.