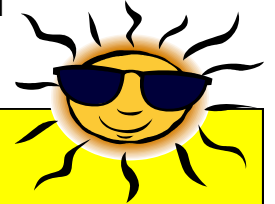




Summer Safety Tips

**SASKATCHEWAN EMERGENCY MEDICAL SERVICES
ASSOCIATION**

School's out, pools are open and people across the country are looking for fun ways to cool down as summer temperatures heat up. As you head to the beach, to the pool, or to the mountains for a camping vacation, **Spiritwood Ambulance Care** encourages you and your family to keep safety in mind!



Sun Safety Tips

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- **Take regular breaks** when engaged in physical activity on warm days. Take timeout to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

Protect yourself from the sun

- ⇒ Use sun block that has an **SPF of 15** or higher
- ⇒ Use a **“broad spectrum”** sun block as it protects you from UVA and UVB sun rays
- ⇒ Protect your eyes with sunglasses
- ⇒ Apply sun block **every 20 min.** while out in the sun



Water Safety Tips

- **Learn to swim.** Always swim with a buddy; never swim alone.
- **Swim in** areas supervised by a lifeguard.
- **Read and obey** all rules and posted signs.
- **Children or inexperienced swimmers** should take precautions, such as wearing an approved personal floatation device (PFD) when around the water.
- **Watch out for the dangerous “too’s”** – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- **Be knowledgeable** of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located
- **Enter headfirst** only when the area is clearly marked for diving and has no obstructions.
- **Know how** to prevent, recognize, and respond to emergencies.

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