



NMCPHC QUICK HITS

Summer Safety Checklist

Summer is officially underway! For many, this is the most enjoyable time of the year. From picnics and vacations to sporting events and pool parties, it means spending time outdoors. Before you head out for a day full of fun, check out our list below to make sure you are keeping yourself and your family safe this summer.



Fun in the Sun

- ☐ Stay hydrated. Carry a water bottle with you at all times or pack a cooler with extra water. Don't forget to keep pets hydrated as well!
- ☐ Wear sunscreen and reapply every two hours. Your skin can still burn on a cloudy day.
- ☐ Try to stay in the shade as much as possible.
- ☐ Never leave infants, children or pets in a parked car, even if the windows are cracked open.
- ☐ Dress [infants and children](#) in loose, lightweight, light-colored clothing.
- ☐ Schedule outdoor activities for morning and evening hours.
- ☐ Wear sunglasses with UV protection for prolonged sun exposure.



Water

- ☐ Learn how to swim.
- ☐ Wear properly fitted life jackets.
- ☐ Supervise children when they are around water.
- ☐ Avoid alcohol during water activities.
- ☐ Learn CPR.



Cookouts

- ☐ Keep children and games away from the grill.
- ☐ [Grill](#) meat, poultry and seafood to the correct temperature.
- ☐ Locate a fire extinguisher prior to grilling.



Fireworks

- ☐ Never allow children to play with or ignite fireworks.
- ☐ Always watch firework displays from a safe distance.
- ☐ Never drink alcohol around open flames or while igniting fireworks.



Yard Maintenance

- ☐ Wear proper safety equipment including glasses, closed-toe shoes and clothing that covers your skin.
- ☐ Clear the yard of any sticks, rocks or toys before you mow.
- ☐ Review the safety manuals for your lawn tools before using.



Hurricanes

- ☐ Always [have a plan](#) in place and plenty of supplies on hand. Check out these [recommendations](#) from the Center for Disease Control and Prevention (CDC).

Additional Resources

- Check out this [travel safety information](#) from the CDC before your next trip.



(U.S. Navy photo by Petty Officer 3rd Class Kallysta M. Castillo)

