



Administration

JUNE  
2016

# Safety Newsletter

## Vacation Safety



As the warm weather approaches and thoughts turn to getting away for a few days, being safe while on vacation helps ensure that you and your loved ones only have good memories of your time away from home. There are many things you can do to keep yourself, your family and your valuables safe. By following the vacation safety tips below, you can reduce the chances of having your good times spoiled and give yourself peace of mind as you relax and have fun.

### Summer Vacation Safety Starts Before You Leave Home

- Make copies of all of your credit cards, important identification information, including your medical insurance cards, and your traveler's checks. Take one copy with you (pack it separately from the cards themselves) and leave one copy at home.
- Take only a little cash with you. Bring most of your money in the form of traveler's checks or plan to use your credit cards while on vacation.
- Never put your home address on your luggage tags. Write your phone number instead.
- Make sure all of the doors and windows to your home are secured and locked. If your home has an alarm system, arm it when you leave for your vacation.
- Never post your travel plans on social networks such as Facebook, MySpace or Twitter.
- Have your mail held at the post office and your newspaper delivery put on hold or ask a family member, a trusted friend or neighbor to pick those items up for you.
- Set automatic timers to turn your lights and a radio on and off.



### Protect Your Valuables and Yourself

- Park your car in areas that are well lit and as close to your destination as possible.
- Always close all of the windows and lock the car doors. Keep all valuables out of view by locking them in the trunk, tucking them under the seat or placing on the floor and covering them with a blanket.
  - Never leave your wallet, pocketbook or checkbook in the car. Always keep them with you.
  - If you are driving and become lost, do not stop on the side of the road to check the map. Drive to a brightly lit, public place to do so.
  - Never leave your car unattended with the motor running.
  - If you are going out sightseeing, ask at the hotel front desk if there are any areas you should avoid.
  - Only take the cash you need for the day with you. Leave the rest, and all other valuables, locked in the hotel or motel safe.
- Never display large amounts of cash when making a purchase. The money you keep with you should be in small denominations.
- When you check into your room, make a mental note of the locations of the stairs and fire exits.



For more information visit [www.safety.lovetoknow.com/personal-safety-protection/summer-vacation-safety](http://www.safety.lovetoknow.com/personal-safety-protection/summer-vacation-safety)



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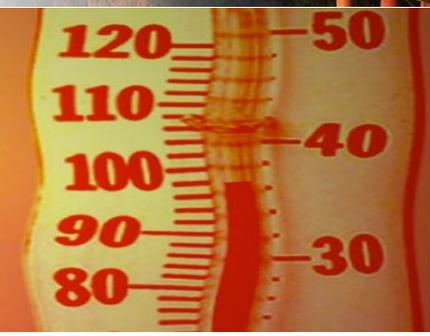


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## Beat the Heat

Dehydration occurs when your body loses significant amount of fluids along with essential salts and minerals. Here are some tips that can help you prevent dehydration while the heat is on:



**Drink sufficient water:** No matter how much you avoid it, you're bound to lose some amount of fluid through sweating during summer. So drinking adequate water is the first thing you need to keep in mind in order to stay away from dehydration. Some experts suggest drinking 6-8 glasses of water every day. But remember fluid requirement varies from person to person depending on factors like height, weight, physical activity and the type of region you live in.

**Avoid diuretics:** Diuretics are substances or foods that increase the production of urine, which in turn results in loss of fluids from the body. Popular diuretics include caffeine containing beverages like coffee, cola and chocolate.

**Eat food high in potassium:** Dehydration doesn't mean just loss of water. Along with water, your body loses a huge amount of electrolytes which you need to replenish. You need to eat potassium-rich foods including bananas, pineapples, sweet potatoes, coconut water and mangoes.



**Avoid excessive exertion:** Some amount of physical activity is no doubt important to stay fit. But exerting yourselves during summer can be dangerous, especially if you don't keep rehydrating yourself by taking water-breaks in between.

**Wear light, loose fitting clothes:** Darker shades tend to absorb more heat causing to sweat more, while tight fitting clothes prevents external cool down essential for your body to regulate temperature internally. So, choose lighter shades while going out in the sun. Wear loose fitting pants, preferably cotton.

### The Signs, Symptoms and First Aid for

## HEAT EXHAUSTION

The most common signs and symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle cramps
- Nausea

- Pale skin
- Profuse sweating
- Rapid heartbeat

#### Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 30 minutes, contact a doctor because untreated heat exhaustion can progress to heat stroke.

\*\*For more information visit [www.thehealthsite.com/diseases-conditions/9-tips-to-prevent-dehydration-during-summer/](http://www.thehealthsite.com/diseases-conditions/9-tips-to-prevent-dehydration-during-summer/) and [www.webmd.com/fitness-exercise/heat-exhaustion](http://www.webmd.com/fitness-exercise/heat-exhaustion)



Have the person lie down



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The news is full of stories about people who have been raped, robbed, mugged, or otherwise assaulted, and everyone cringes when they hear these reports. Everyone - and this applies to residents of big cities, small towns, and even rural areas - need to be careful. If people are vigilant and take common-sense precautions, crime can be prevented.

### Basic Street Smarts:

- Stay Alert: Be conscious of what, or who, is around you.
- Be Confident: Don't send out unconscious signals of vulnerability. Avoid the look of being alone, unaware of surroundings, confused or lost, or unaware of situation while speaking on cell phone. Look people directly in the eyes, know basic self defense moves and always have a plan of escape.
- Trust Your Instincts: Use your intuition. If something does not "feel right" remove yourself from the situation immediately.
- Know your surroundings: If you think someone is following you, switch directions or cross the street. If the person continues to follow you, move quickly toward an open store or restaurant or a lighted house. Don't be afraid to yell for help.



### On Foot

- Don't Take Short Cuts. Stick to well-lit, well traveled streets.
- Don't Walk Alone. Walk with spouse, friend or group.
- Don't display your cash or any other inviting targets such as cell phones, hand-held electronic games, or expensive jewelry and clothing.
- Avoid using Automated Teller Machines at night where lighting and visibility to others is poor. Be cautious of other persons approaching you at the ATM.
- Be Prepared. Wear comfortable clothing when walking and always have an escape plan.



### In The Car

- Keep your car in good running condition and keep your tank full when traveling to unfamiliar areas.
- Keep windows up and doors locked when traveling in heavily congested areas with lots of foot and vehicle traffic.
- Always park in a well-lit parking area near a streetlight.
- If followed, don't go directly home or to an isolated area. Go directly to a police station or well-lit, congested store and seek help.
- Never pick up hitchhikers.

### If You Are Attacked

- Don't Panic. Take control of yourself and the situation.
- If someone tries to rob you, give up your property—not your life!
- Try to distract or confuse the assailant by screaming, running, etc.
- If there is a weapon, remain calm, be cooperative, and negotiate.
- If you are robbed or assaulted, report the crime to the police. Try to describe the attacker accurately. Your actions can help prevent someone else from becoming a victim.



\*\*Visit [www.ncdps.gov](http://www.ncdps.gov) or [www.ncpc.org](http://www.ncpc.org) for more information



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Tragically, drowning is the second leading cause of accidental death of American children ages 1 to 19, and most of those deaths occur in residential pools. Many deaths from drowning are preventable by following basic safety rules for swimming in pools and natural bodies of water.

## LIFEGUARD



### Swim Only When a Lifeguard Is on Duty

When swimming in bodies of water other than residential pools, swim only when a lifeguard is on duty and in areas designated for swimming. All swimmers should respect the rules for swimming in a given environment and follow the directives of the lifeguard.

### Never Swim Alone

As tempting as it may be to catch some time alone in the backyard pool, deserted lake or ocean, do not do it. Accidents happen even to young, strong, healthy individuals who are good swimmers. Always swim with a buddy in a residential pool and with a lifeguard present in any other pool or body of water.

### Supervise Children

Children should never be allowed to swim unsupervised by adults anywhere. Drowning can happen quickly and silently in as little as 2 inches of water. Adults who are supervising children should remain alert, vigilant and never turn away or get distracted, not even for a moment.

### Do Not Swim During Thunderstorms

Never swim during a thunderstorm. Follow lifeguard instructions for exiting the pool. If swimming in a residential pool, exit the water immediately when you hear thunder.

### Make sure you can see the bottom drain.

If you can't, the water is probably not clean enough to swim in. If you're not sure, check the quality of the pool water yourself. Purchase testing strips at your local hardware or pool specialty store.

### Don't swallow the pool water.

Germs like Crypto, norovirus, and E. coli may be in the water. Usually, the chlorine kills all germs, but to be on the safe side, keep the water in the pool and out of your mouth.

### Avoid Diving Headfirst

Do not dive headfirst into shallow or murky water, or water of uncertain depth. Diving in shallow water can cause injuries and drowning. Diving into murky water such as ponds, quarries or lakes without knowing the depth or underwater environment is dangerous. Rocks and other objects in the water pose hazards. It is best to enter the water feet first.

### Refrain From Horseplay in the Water

As fun as it is to swim with friends or family, refrain from horseplay such as dunking, hanging on to someone or allowing them to hang on to you while in the water. Horseplay can lead to injury while in the water, thus increasing the risk of drowning.

### Use Proper Flotation Devices

The American Academy of Pediatrics warns that inflatable toys, rafts, air mattresses and water wings should never be used as lifesaving devices for children and that only life jackets and life preservers approved by the U.S. Coast Guard should be used. Always wear an approved life jacket when boating, even close to land.

\*\*For more information visit <http://www.livestrong.com/article/238574-10-safety-rules-when-swimming/>

