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## Spring Safety Tips

The snow is melting, the trees are budding...Spring is finally here! Spring is a great time to get away from the cold, dark days of winter and have some fun in the sun. Keep your family safe while enjoying the warmer weather by following these tips.

### *If your spring plans include traveling, consider these safety tips*

- ◆ Look out for each other. Always travels with a group, because there is safety in numbers.
- ◆ Prepare for the unexpected when you travel, carry extra cash or credit card to deal with an emergency
- ◆ Drivers are reminded to be on alert for motorcycles, especially when pulling out into or across traffic, and when changing lanes.
- ◆ Motorcycle riders need to wear proper riding gear and take advantage of motorcycle training safety courses
- ◆ Motorcycle riders should also remember to look out for potholes, loose sewer lids, and loose gravel. The long hard winter took its toll on the roads and many of these problems have yet to be fixed.



### *If drinking alcohol is part of your spring leisure plans, remember that it can impair your judgment and actions.*

- ◆ 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 Spring Safety Tips*

- ◆ You can get dehydrated anytime of the year. 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.
- ◆ If barbecuing is in your plans, make sure you clean your BBQ and check for leaks, breaks, and other wear & tear. Remember, never store propane inside your house or garage.
- ◆ Don't let the cool spring time temperatures fool you, protect yourself from the sun whenever you're outside at work or play. Use a sun protection factor (SPF) of at least 15. 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.
- ◆ Don't forget to protect your eyes also

***While you are enjoying the beautiful weather and dusting off the cobwebs of winter, remember to take your on the job safety awareness with you.***

