



# SUMMER SAFETY

Summer brings warmer weather, clear skies, and lots of fun, as with everything else that brings fun, it also brings **HAZARDS** which can put a quick end to all the activities. Hopefully with some helpful tips and using the Air Force 5-Step Risk Management Process we can minimize those hazards to continue the fun!



**Quick fact ultraviolet (UV) rays can damage your skin in as little as 15 minutes. To reduce your risk of skin damage and skin cancer try some of these easy tips:**

- Apply and REAPPLY SPF 15 or greater sunscreen
- Hats, sunglasses and long sleeves are great protection as well.



**Something to think about: around 69 million vehicle breakdowns occur in the U.S. each year, equivalent to 1 in 3 drivers! Here's a few tips to avoid being the 1 in 3!\***

- Get Your Car Serviced before and after a trip
- Check for Recalls NHTSA.gov/Recalls
- Plan your travel and route



**Did you know there are about 10,600 home fires started by grills each year? Stay safe by utilizing these quick tips!**

- Placed grills at least 10 feet from the home
- Never leave the grill unattended.
- Check for leaks



**Summer sports are always a blasted with friends and family, but the combination of love ones and fun can lead to distractions! Be proactive and keep these tips in mind!**

- Use the right protective gear
- STRETCH before and after
- STAY SOBER



**In summary** summer should give you the opportunity to spend quality time with your family, create new memories, and share new experiences. Remember by keeping safety on your mind and implementing Risk Management you can focus on all your summer adventures, rather than unexpected stresses!

