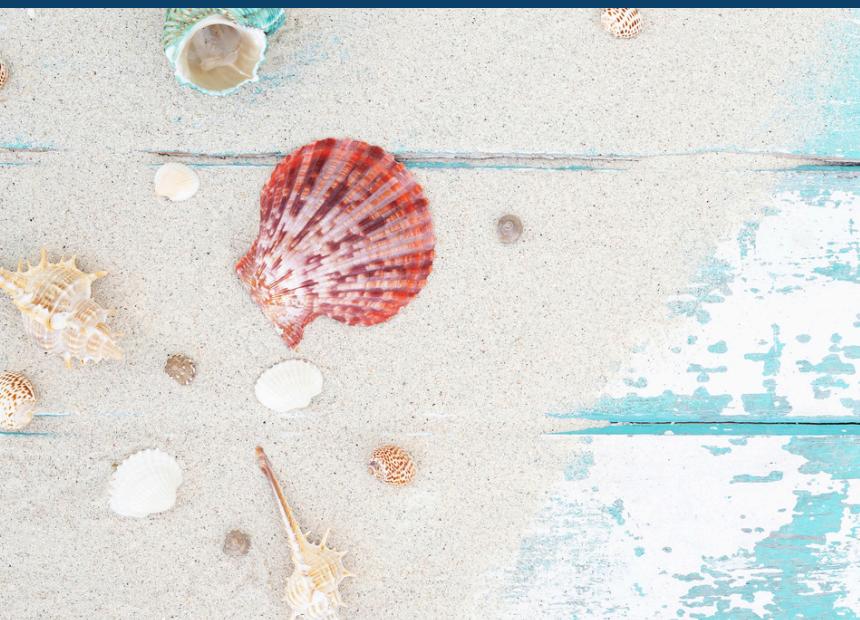


SAFETY NEWSLETTER

FORT EISENHOWER
GARRISON SAFETY OFFICE



Summer 2025



Topics For Summer Safety

- Sun Safety
- Heat Illness
- Swim Smart
- Summer Safety Checklist
- National Fireworks Safety
- Storm Safety and Preparedness
- Defensive Driving
- Beat the Bugs!

June is National Safety Month

June is National Safety Month, making it the perfect time to kick off summer with a strong focus on safety and preparedness. As families and communities head outdoors for vacations, barbecues, and recreational activities, it's important to stay mindful of potential risks- from sun exposure and dehydration to water safety and travel precautions. National Safety Month serves as a timely reminder to prioritize safe habits at home, work, and play, helping everyone enjoy a fun and injury-free summer season!



Check out the infographic on the next page to view tips on how to be safe in the sun!

Sun Fun or Sunburn?

A tan today means wrinkles tomorrow — and possible skin cancer down the road.



Stay out of the sun.

Especially from 10 am to 2 pm when the sun is the strongest.



Use sunscreen.

Choose a broad-spectrum sunscreen with SPF 30 or higher.

Do it right:

- Use a shot glass full.
- Reapply every 2 hours — more often when you swim or sweat.
- Spread it everywhere, from scalp to toes.



Wear sun-protective clothing:

- Wide-brim hat
- Long pants
- Long sleeves

Wear good sunglasses.

Make sure they give 100% UV-protection.



Don't forget sunscreen.

Even on cold or cloudy days.



Don't buy waterproof sunscreen.

There's no such thing.



Don't use sunscreen on babies under 6 months.

Dress them in a sun-protective hat and clothes instead.



Don't use tanning beds.

Their UV lights can damage skin and cause cancer.



Check moles regularly.

Call your doctor if you see changes.

Don't skip your skin check.

Do it at least once a year.
Make an appointment now!



Don't forget your lips:

Wear SPF 30 lip balm.

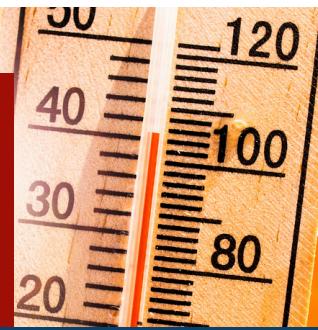


Heat Illness

Heat illness occurs when the body overheats, often due to prolonged exposure to high temperatures and inadequate hydration.

Common signs include:

- heavy sweating
- dizziness
- headache
- nausea
- muscle cramps
- confusion
- unconsciousness in severe cases



To prevent heat illness, it's important to stay hydrated, take frequent breaks in the shade or air conditioning, wear lightweight, light colored clothing, and avoid strenuous activity during the hottest parts of the day. Recognize symptoms early and taking action can help prevent serious health consequences.



Swim Smart

Kids aren't the only ones who need to practice safe swimming. Adults need to keep swimming safety in mind, too. Whether enjoying the pool, beach, lake, or river, any body of water can be dangerous if the appropriate precautions aren't taken. It's important to remember drinking alcoholic beverages and swimming don't mix. Don't overestimate your swimming abilities and avoid swimming alone, especially where there are reported strong currents in natural bodies of water. Designating an undistracted "water watcher" to keep an eye on your group can be helpful in detecting a swimmer in trouble.

Don't Ignore Thunder

As the saying goes, "When thunder roars, go indoors." While the odds of being hit by lightning are one in a million, it's still not a good idea to hang outdoors during a thunderstorm. Remember the 30-30 rule. Once you see lightning, count to 30. If thunder claps happen before you hit 30, go inside. Additionally, avoid bathing in the shower or bathtub during thunderstorms, as lightning can travel through plumbing.

Summer Safety Checklist For the Home

1. Make it a priority to change your smoke alarm batteries. Don't forget to check smoke alarms monthly.
2. Use sanitizer any time you can't get to a bathroom to wash your hands properly. Alcohol-based sanitizers with at least 60% alcohol should do the trick!
3. If you love to grill, be sure to practice food and fire safety. That includes only grilling outdoors, keeping kids and pets away, and keeping the grill clean of grease and fat. Above all, never leave a grill unattended!
4. Summer is a great time to go boating. Ensure you have enough life vests onboard, watch the weather, skip the alcohol if driving, and stay hydrated!



National Fireworks Safety

July is National Fireworks Safety Month and though fireworks can add excitement to celebrations, they also pose significant risks if not handled properly. In 2023, the U.S. Consumer Product Safety Commission reported 9,700 injuries related to fireworks, with burns accounting for 42% of these injuries. Teenagers aged 15 to 19 experienced the highest injury rate, followed by children aged 5 to 9. Commonly injured body parts include hands, fingers, head, face, and ears. By utilizing firework safety, you can enjoy fireworks safely and prevent accidents during your celebrations.

Prepare an Emergency Weather Kit

Summer is known for its long days, but it's also a prime time for severe weather like thunderstorms or hurricanes. Heavy area storms can easily knock out power or scatter debris, making it difficult to travel outside the home for necessities. Ensure you have a full emergency kit ready to go with non-perishable food, flashlights, water, a first aid kit, extra medications, etc. to see you through an emergency situation.

Be a Defensive Driver

Every summer, more drivers hit the road for vacations. When driving, put your cell phone away and keep your eyes on the road. If you're tired, pull over for a quick nap since drowsy driving can be just as dangerous as drunk driving. And, above all, if you are under the influence, wait until you're sober before driving. In 2024, over 13,000 individuals were killed in drunk driving incidents, according to a press release from Mothers Against Drunk Driving (MADD).



Beat the Bugs!

Wear bug repellent to protect yourself from diseases spread by mosquitos and ticks, such as dengue fever, malaria, West Nile Virus, and Lyme disease. In addition to bug spray, you can also minimize bug bites by preventing standing water in your yard (bird baths, kiddie pools, lack of drainage), wearing long-sleeved clothing, and by using mosquito netting when outdoors.

