

# Guidon

**SPECIAL SUMMER  
SAFETY SUPPLEMENT**

Tuesday, May 12, 2020

Fort Leonard Wood, Missouri



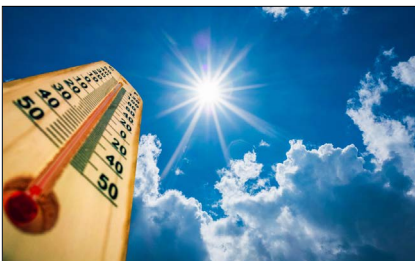
## Grill safely this summer

According to the Federal Emergency Management Agency, residential grill fires cause an average of 10 deaths, 100 injuries and \$37 million in damages each year, and 57 percent of those fires occur during the months of May, June, July and August.



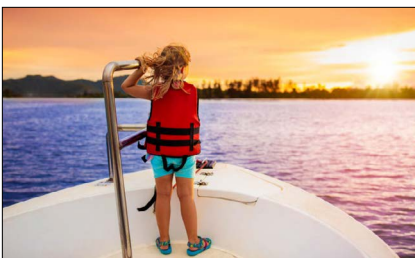
## Stay safe this tornado season

Missouri's tornado season occurs between March and June, according to the National Weather Service, and a little knowledge can go a long way toward staying safe.



## Summer's coming: Be smart, take precautions when exercising in the heat

Exercise is one of the three pillars of good health, and essential for athletes, Soldiers and others in jobs that stress physical fitness, to stay in shape. But when temperatures rise to the extreme, it's important to train smart and take the necessary precautions.



## Stay safe on the water this boating season

Recreation on the water is a way of life in the state of Missouri, which is home to hundreds of lakes, rivers and streams. Unfortunately, nearly any body of water that holds the potential for fun and relaxation also holds the potential for accidents and deaths.

**Read these stories and more on the Guidon website!**



## **May is National Motorcycle Safety Awareness Month**

As the weather heats up, an increasing number of people will dust off their bikes and hit the road. With the influx of two-wheeled motorists, and the fact that motor vehicle accidents are the leading non-combat cause of death among service members, it is imperative that all drivers take appropriate precautions to ensure everyone's safety on the roads.



## **Flooding, low-water crossings: The dangers are real**

The dangers posed by flash flooding are real, and they can happen anywhere – even on Fort Leonard Wood – and military and civilian agencies across the country share the same message when it comes to flooding: Turn Around, Don't Drown.



## **Skin cancer: stay aware, stay healthy**

As warmer, pleasant weather approaches, it is important to remember the threat skin cancer poses and what to do to prevent it. According to the Centers for Disease Control and Prevention, it is the most common form of cancer in the United States.



## **Poison ivy – stay aware, stay away**

Taking advantage of Missouri's numerous, beautiful nature trails can be a healthy getaway, but hikers should take note of this poisonous plant if they hope to go home without a problem.



## **It's tick season: Protect yourself from diseases**

When the weather warms, ticks emerge. While Missouri isn't currently experiencing a repeat of last year's early surge in tick populations, experts still predict an above-average year for ticks in 2020.



## **It's springtime for snakes in Missouri**

With spring rains, increased daylight and rising temperatures, snakes are coming out to play. For residents planning to exercise near high grass or wooded areas, hike, camp or otherwise enjoy the outdoors, that means being prepared for an increased chance of encountering snakes or other wildlife.