

Aurora **safety** Solutions

summer safety

Make sure you are always using your common sense and paying attention to the temp. If the heat is intolerable, stay indoors if possible and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses. Remember use sunscreen and drink lots of water!

Foods you can eat to help you stay hydrated:

- Broth based soups
- Watermelon
- Celery
- Gelatin
- Pears
- Cantaloupe
- Pineapple
- Grapefruit
- Lettuce
- Cucumber
- Squash

The best way to practice "Sun Safety" is to **Sit! Sip!**
Slip! Slop! And Wrap! These six easy steps complement each, and they provide the best protection together.

- **Sit** in the shade.
- **Sip** on water.
- **Slip** on a shirt.
- **Slop** on sunscreen.
- **Slap** on a hat.
- **Wrap** on sun glasses.

There are many factors that affect your risk of skin damage and heat exhaustion. It is very important to be mindful of these factors while caring for yourself, loved ones and consumers. According to the American Cancer Society you need to be especially careful if you: Have lots of moles, have fair skin, light hair and light eyes, have certain autoimmune diseases, have had an organ transplant, take sulfa or other antibiotic drugs, take anti-inflammatory drugs, and take tricyclic antidepressants.



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