

*"For safety's sake—do something."*

## CELEBRATE

It's the season for picnics, parties, and fireworks! Practicing common sense will make the festivities more enjoyable for you and those around you. Here are a few reminders about heat, food, alcohol, and firework safety to prevent sickness and injury, and help keep the fun going all summer long.

### HEAT SAFETY

- If it's too hot, reschedule or reduce strenuous activities.
- Wear lightweight and light-colored clothing, and don't forget to wear a hat.
- Don't exceed your physical capabilities, and give yourself time to acclimate to the activity and the high temperatures.
- Drink plenty of water.
- Keep a sharp lookout for coworkers, family, children, and the elderly. Don't forget the pets.

### FOOD SAFETY

- Store cold food at 40° or below.
- Keep raw meat, poultry, and seafood securely wrapped.
- Cook food thoroughly.

### ALCOHOL SAFETY

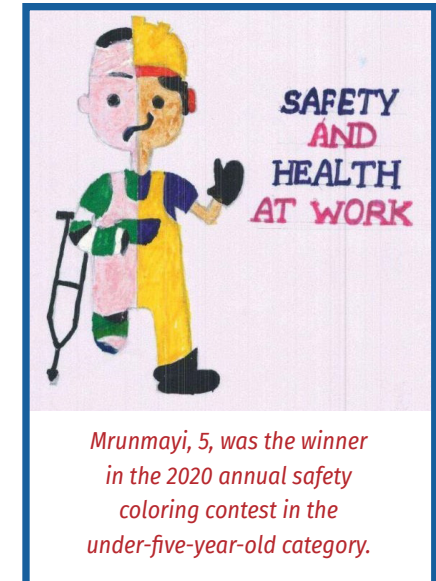
- Know your limits.
- Stay hydrated; drink water in between cocktails.
- Avoid swimming or boating when inebriated.
- Call a taxi, or car-sharing service, like Uber or Lyft, if you have to travel after drinking.

### FIREWORK SAFETY

- Obey local laws regarding the use of fireworks.
- Read all labels and performance descriptions before igniting.
- A responsible adult SHOULD supervise all firework activities. Never give fireworks to children.
- Use fireworks outdoors in a clear area.
- Light one firework at a time and then quickly move away.
- NEVER relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Always have a bucket of water and charged water hose nearby.
- Avoid using fireworks in dry areas to prevent fires.
- Do not experiment with homemade fireworks.
- Alcohol and fireworks do not mix.
- Sparklers are not safe alternatives for children as they get extremely hot.

**Safety Scott says,**

**"Safety always is  
ALWAYS!"**



*Mrunmayi, 5, was the winner in the 2020 annual safety coloring contest in the under-five-year-old category.*

*The son of an SSOE employee, Gauri wants us to remember that reducing risks ultimately lessens the likelihood of incidents at work. Let's do the same this holiday.*