

# Summer Safety

Sun Protection & Staying Cool

## Make Your Summer Sizzle (Not Your Sunburn)

The sun is out, the sky is blue and your favorite spot to swim is calling your name. Who's ready to head outside and find an adventure? Summer months are full of fun—but because of that, simple safety precautions often get overlooked. Don't waste your summer recovering from a careless moment or a heat-related illness. Stay smart about sun safety, avoid heat-related illnesses and take advantage of the beautiful weather!

section **01**

### Your June Activity:

#### Drink More Water

Get ready to experience the benefits of proper hydration! Track your water intake and make sure you drink 64 ounces each day.



## Sun Protection Tips

- Wear sunscreen with an SPF (sun protection factor) of at least 15.
- Sunscreen doesn't last all day—reapply every two hours you're outside and after a swim.
- Sunscreen also expires! Make sure you check the date on the bottle.
- Buy sunglasses that protect from UVA and UVB rays.
- Stay in the shade to avoid direct sunlight.
- Remember, cloudy days cause sunburns, too!

### How to Treat a Sunburn

Sunburns range from moderate annoyances (think some schmoie slapping you on the shoulder after a day at the beach) to extreme pain and discomfort, and they put you at greater risk for developing skin cancer. If you develop a severe sunburn:

- Avoid further exposure and drink plenty of water.
- Take a pain reliever and apply aloe or a 1% hydrocortisone cream to lessen discomfort.
- Do NOT break blisters. Doing so increases your risk of infection!



Head to the doctor if you have a fever >105°F/40.6°C, are in extreme pain for more than 48 hours, if sunburns cover more than 15% of your body, or if you think you're dehydrated.

# Stay Cool (Avoid Heat-Related Illnesses)

**What is a heat-related illness?** There are many different kinds, but in general, they share a common cause: prolonged exposure to heat and a lack of proper hydration. When you overheat, your body rushes blood to your skin in an attempt to cool down. This causes less blood to reach your brain, organs and muscles, which in turn causes the illness.

Common types of heat-related illness include:

Contact a doctor immediately if you are worried about a heat-related illness!

Heat-Related Illness	Symptoms
<b>Heat cramps</b>	Painful, involuntary and brief muscle cramps; usually go away on their own
<b>Heat exhaustion – water depletion</b>	Excessive thirst, weakness, headache, loss of consciousness
<b>Heat exhaustion – salt depletion</b>	Nausea, vomiting, muscle cramps and dizziness
<b>Heat stroke</b> (The most serious form of heat injury, heat stroke can damage or destroy the brain and other internal organs)	Nausea, seizures, confusion, disorientation, lack of sweating despite heat, rapid heartbeat and breathing, and loss of consciousness

## Who is at Risk?

Anyone can succumb to a heat-related illness because all it takes is time, temperature and carelessness. But certain groups are at higher risk: those who work in hot/humid environments, the very young, the elderly, and obese or chronically ill individuals.



## 5 Tips to Stay Cool

1. Take breaks and cool down in air-conditioned rooms, or take an occasional cool bath or shower. Fans are great for keeping cool, but they won't lower your body temperature during times of extreme heat. If you need to be outdoors and in the sun, it's important to take breaks in a cool, indoor or shaded area.
2. Pay attention to the heat index! Your risk of a heat-related illness spikes when the heat index rises to 90°F/32°C or above.
3. Watch for signs of dehydration: fatigue, headache, nausea and/or insomnia; constipation and/or dark yellow urine; excess thirst and dryness.
4. Address symptoms early, before they become a dangerous problem. Untreated heat exhaustion can lead to heat stroke over time.
5. Drink lots and lots (and lots and lots) of water. Aim for 64 ounces a day. You can even use this month's activity to help you get there.

## Grilling Safety

section **03**

### Just Say No (to E. coli)

Safely preparing and grilling food isn't especially difficult, but there is more to it than most people think. Remember these tips whenever you light up the grill and eat with peace of mind.



### Grilling Tips

#### **Keep raw meat separate from your other food.**

And from other meat! Food that touches raw meat or the juices from raw meat could easily be cross-contaminated. Also, never re-use marinades that have touched raw meat.

#### **Refrigerate food until it is ready to eat and after you cook.**

Make sure your fridge is 40°F/4.4°C or cooler.

#### **Clean, clean, clean.**

Clean the grill's surface before you cook, and use clean plates and utensils to remove cooked food when it is ready.

#### **Thermometers exist for a reason.**

Your food needs to be cooked at a temperature that will destroy harmful germs.

- 145°F/62°C: pork, whole cuts of beef, fish, lamb and veal.
- 160°F/71°C: hamburger/ground beef.
- 165°F/74°C: poultry and pre-cooked meat (e.g., hot dogs).



## June Recipe

### Glazed Flank Steak with Honey-Dijon Onions

*Speaking of grilling: wait for the perfect summer evening and treat yourself to this juicy, hearty steak.*

#### INGREDIENTS

2-3 lbs. flank steak, trimmed of all visible fat  
 2 large sweet onions, cut cross-wise into 1/2-inch slices (keep slices intact)  
 4 tablespoons honey  
 1 tablespoon Worcestershire sauce  
 1 tablespoon Dijon mustard  
 1 tablespoon hoisin sauce  
 1 tablespoon water  
 1 teaspoon garlic powder  
 1 teaspoon toasted sesame oil  
 Canola oil cooking spray (as needed)  
 Black pepper (to taste)  
 Salt (to taste)



#### NUTRITION INFO:

282 calories  
 10 g fat  
 453 mg sodium  
 21 g carbohydrates  
 1 g fiber

#### INSTRUCTIONS

1. In a baking dish, combine the soy sauce, hoisin sauce, water, 2 tablespoons honey, garlic powder, toasted sesame oil, salt and pepper; whisk until blended.
2. With a sharp knife, lightly score both sides of the flank steak in a crisscross pattern, only about 1/8-inch (3 mm) deep; next, poke the steak all over with a fork to allow the marinade to seep in.
3. Place the steak in the baking dish and turn to coat both sides.
4. Cover with plastic wrap and refrigerate for at least 1 hour and up to 24 hours.
5. Cut the onions into 1/2-inch slices, then run 1 or 2 soaked bamboo skewers through each onion slice to keep it intact as it cooks.
6. Spray both sides of the onions with cooking spray and place them on a baking sheet.
7. Combine the Dijon mustard, 2 tablespoons honey and Worcestershire sauce in a small bowl; mix well and set aside.
8. Oil the grill grate and grill the steak for 2 minutes on each side (reserve the marinade).
9. Reduce the heat to medium and baste with marinade.
10. Continue to cook, turning and basting every five minutes, to your preference.
11. Transfer the steak to a carving board, cover it with foil and do not cut into it for at least 5 minutes.
12. While the steak rests, place the onions on the grill; cook until they turn a light gold color and soften a bit, about 5 minutes on each side.
13. As the onions cook, brush them with the mustard mixture and allow the glaze to bubble but not burn; when done, transfer the onions to a plate and cover with foil to keep warm.
14. To serve, cut the steak across the grain into the desired thickness and serve promptly.

# Drink More Water

## Summer Safety

Drink. Rinse. Repeat. (The rinsing is just good hygiene.)

Nothing beats a cold glass of water on a hot day. But proper hydration is about much, much more than just getting rid of that pesky cotton mouth. Basically, proper hydration makes your entire body function better: water helps your body regulate temperature, keeps your skin smooth, flushes unwanted toxins from your body and combats muscle fatigue. In addition, ordering water at restaurants is a great way to avoid sugary beverages or expensive alcoholic drinks.

### Your June Activity

Drink 64 ounces of water each day

Place an "X" on each day you drink at least 64 ounces of water.

SUN

MON

TUE

WED

THU

FRI

SAT

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# Drink More Water

Summer Safety

## Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name:

Date:

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Were you successful in your efforts to drink 64 ounces of water each day?

YES

YES, 50 - 99% of the time

YES, 0 - 49% of the time

NO

# Come on in, the Water's Fine

## Take the Plunge and Dive into Improved Health

Also, protect yourself from the sun with these tips:

1. Wear sunscreen with an SPF (sun protection factor) of at least 15.
2. Sunscreen doesn't last all day — reapply every two hours you're outside and after a swim.
3. Sunscreen also expires! Make sure you check the date on the bottle.
4. Buy sunglasses that protect from UVA and UVB rays.
5. Stay in the shade to avoid direct sunlight.
6. Remember, cloudy days cause sunburns, too!

## June Activity

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