



# Remember Safety on Memorial Day Weekend



Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. It is also the unofficial start of summer, and as you head to the beach, the pool, or to the mountains for a camping vacation, we encourage you and your family to keep safety in mind!

Statistics show that accident rates climb during extended holiday weekends, so we all need to re-focus on safety both at work, and at home.

The National Highway Traffic Safety Administration tracks the number of traffic fatalities that occur over selected holiday periods in order to illustrate the risks of holiday highway travel:

Holiday 2001	Total Traffic Fatalities	Total Fatalities Alcohol-Related	Percent Alcohol-Related
Memorial Day	515	284	55.10%

\*Source - National Highway Traffic Safety Administration FARS data

## Sun Safety

Summer means fun in the sun! But be safe — don't let a heat-related illness ruin your day.



- Avoid sun exposure during the hottest hours of the sun's rays.
- Apply sunscreen with a SPF (Sun Protection Factor) of at least 15, paying special attention to the face, nose, ears and shoulders.
- Wear a hat.
- Wear sunglasses with UV (Ultraviolet) Protection.
- Drink plenty of water and non-carbonated drinks, even if you do not feel thirsty.

## Grilling Safety

- Always read the use and care manual before operating your grill.
- Never leave grill unattended when in use.
- Preheat grill to no higher than medium-high. Temperature of grill should be 400 to 450°F because high heat and excess fat can cause flare-ups.
- If flare-ups do occur, move food to a cooler spot on the grill or temporarily cut off the air supply by closing lid or shutting the air vents.
- To avoid flare-ups you should drain off excess marinade or oil before putting food on grill, trim excess fat to 1/4-inch on steaks and chops, and remove skin and excess fat from chicken pieces.



## Boating Safety

Whether you're the captain of a schooner or a passenger on a ski boat, following safety guidelines ensures your safety and that of other seafarers.



- Be weather wise: Sudden wind shifts, lightning flashes and choppy water all can mean a storm is brewing. Bring a portable radio to check weather reports.
- Bring extra gear you may need:  
A flashlight, extra batteries, matches, a map of where you are, flares, sun tan lotion, first aid kit, extra sunglasses. Put those that need to be protected in a watertight pouch or a container that floats.
- Tell someone where you're going, who is with you, and how long you'll be away.
- Then check your boat, equipment, boat balance, engine and fuel supply before leaving.

## Water Safety



The Red Cross is brimming with water safety tips to keep your family safe this summer. The most basic: Learn to swim! Take some lessons at your local pool. The best thing anyone can do to stay safe in and around the water is to learn to swim. And always swim with a buddy; never swim alone.

The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swim course, contact your local Red Cross chapter.

- Swim in supervised areas only.
- Obey all rules and posted signs.
- Don't mix alcohol and swimming. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Stop swimming at the first indication of bad weather.

**Happy Memorial Day from your Union EH&S Stewards!**