



2016 SPRING SEASON SAFETY TIPS



Spring officially began 20 March 2016. Spring is commonly associated with weather changes, cleaning, and lawn and garden work. With longer and warmer days approaching, many will take to outdoor activities, such as grilling, biking, jogging, and water sports. Be sure to dress appropriately to protect yourselves from the sun and heat elements, and keep hydrated. The following Safety Tips are provided to help you prepare and safely execute the Spring Season:

SPRING SEASON SAFETY TIPS

BIKING: *Before Riding* – Choose a safe riding path away from heavy vehicular traffic. Ride during daylight. Stretch properly. Inspect bike thoroughly. Hydrate. Put on sunblock. Wear sun glasses to deflect glare. Dress in light-colored clothing. Use reflective gear to enhance visibility to motorists. *While Riding* - Wear a helmet. Stay on bike path or ride with traffic. Use proper hand signals. Do not use ear buds, Blue Tooth, or anything inserted into ear canal that may prevent hearing traffic. Carry a small repair kit. *After Ride* – Keep hydrating. Use post-exercise stretching techniques to avoid muscle cramps. Self-assess your ride for lessons learned or ways to improve for the next ride.

GRILLING: Clean and inspect gas grills for leaks prior to use. Ensure lids are open when igniting gas grills. Keep grills away from flammables. Never use gasoline or lighter fluid to ignite charcoal grills. Use a glove or oven mitt when opening lid, and long-handled grilling tools to avoid burns. Prevent kids and pets from coming in contact with grills when hot. Refrigerate unused foods promptly.

WATER SPORTS: Never swim alone or impaired. Know the signs of riptides and escape procedures. Know and heed flag warnings indicating potential water hazards. Take a Coast Guard approved boating course. Wear personal flotation devices when boating or jet skiing. Keep heightened vigilance over kids near water. Get CPR qualified. Avoid alcohol when engaged in water sports.

MOWING: Before mowing, inspect lawn mowers and areas to be mowed. Remain clear of blade housing and discharge chute while in operation. Wear safety glasses and hearing protection while mowing. Avoid mowing in reverse or during periods of darkness. Ensure only approved gasoline containers are used; stored outside the house and away from heat sources.

DRIVING: Get your vehicle inspected and use the Travel Risk Planning System (TRiPS) prior to long distance travel. Longer days often lead us to believe we can drive longer distances in one stretch. Set a driving (hours/mileage) limit that doesn't exceed your TRiPS Assessment, and your commands safe driving liberty/leave limits, and stick with it. Never drink and drive or get into a vehicle with someone who has been drinking. Always wear your seatbelt and ensure all occupants do too.

RISK MANAGEMENT: Mitigate hazards by identifying risks and implementing timely controls. Use appropriate PPE required for the task or sport. Make smart decisions and take care of each other.

Manage the Risk...Protect the Force!