

# PLAYING IT **SAFE**

Be safe and healthy on the job with these helpful tips provided by Horst Insurance.

## Summer Precautions for Outdoor Workers

*Helpful tips for keeping you safe during warmer weather*

If you're an outdoor worker, it is important to take precautions against exposure to sun, heat and bug bites during the summer months.

### Sun

To protect against the sun's harmful ultraviolet (UV) rays:

- Cover up. Wear lightweight, tightly woven clothing that you can't see through.
- Use sunscreen. A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. Be sure to follow application directions.
- Wear a hat. It should protect your neck, ears, forehead, nose and scalp.
- Wear UV-absorbent shades. Sunglasses should block 99 to 100 percent of UVA and UVB radiation. Before you buy, read the product label.

### Heat

The combination of heat and humidity can be a serious health threat during the summer months. To beat the heat:

- Drink plenty of water before you get thirsty.
- Wear light, loose-fitting, breathable clothing such as dry-fit material.
- Eat smaller meals before work activity.
- Skip the caffeine and soda; drink water instead.
- Be aware that equipment such as respirators or work suits can

increase heat stress.

### Ticks

If you're working in tall grass or wooded areas, take the following precautions to protect yourself from ticks:

- Wear light-colored clothing to see ticks more easily.
- Wear long sleeves and long pants.
- Tuck pant legs into socks or boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellants, but not on your face.
- Wash and dry your work clothes at high temperatures.

Examine your body for ticks after work. Remove any attached ticks promptly with a tweezers. In some regions, ticks may transmit Lyme disease. If you get bit and develop a rash, see your doctor.

### Insect Bites and Stings

Bee, wasp, hornet and yellow jacket stings are typically only dangerous to those who are allergic or have been stung multiple times.

- Wear bug repellent.
- Avoid wearing heavy perfumes or scented lotions.
- Check before drinking from cups, bottles or cans. Stinging insects are attracted to sweet drinks.



### Summer Safety Tips

Always wear sunscreen and UV-absorbent sunglasses. Stay hydrated by drinking plenty of water before you get thirsty. And to keep ticks away, wear insect repellent and follow package directions carefully.

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