

Recreation Safety

Your installation safety office and the local Red Cross are brimming with recreation safety tips to keep your family safe this summer. The best thing anyone can do to stay safe in and around the water is to learn to swim.

Also, remember to swim in areas supervised by a lifeguard; read and obey all rules and posted signs; if you are an inexperienced swimmer, take precautions including wearing a U.S. Coast Guard-approved personal floatation device when around the water; set water safety rules for the whole family based on swimming abilities; be knowledgeable of the water environment you are in; pay attention to local weather conditions and forecasts – stop swimming at the first indication of bad weather; and do not mix alcohol with swimming, diving or boating.

When boating, remember alcohol and boating never mix. Alcohol impairs your judgment, balance and coordination. Use Coast Guard-approved life jackets for yourself and your passengers when boating and fishing.

Develop a plan before leaving the shore to give a responsible person details about where you will be and how long you will be gone. This is important because if the boat is delayed because of an emergency, becomes lost, or encounters other problems, you want help to be able to reach you.

Watch the weather, know local weather conditions and prepare for electrical storms. Stop boating as soon as you see or hear a storm.

Sun Safety

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

Always drink plenty of water and take frequent breaks when working or playing in the hot weather and don't forget the sunscreen or sun block. The FDA encourages using screens or blocks that offer the highest sun protection factor (SPF) values.

There are a number of activities that many of you will be involved in this year, just remember to applying composite risk management to all your scheduled and unscheduled activities is the best way to keep you and your Family safe.

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