

# GOT RISK?

## District *Safety* Gram PEOPLE-MISSION-SAFETY



### Labor Day

*This weekend, the United States will celebrate Labor Day. This holiday marks the unofficial end to summer, and gives the worker a break and a chance to enjoy some of the last days of warm weather left this year. As with any holiday, it is important to stay safe.*

#### **Staying safe this Holiday:**

- **On the water:** *Whether at the beach or the bay, many people choose to spend their Labor Day weekend on the water.*
  - Life Vests are an important piece of safety equipment on a boat, and are necessary by law.
  - Always bring someone along when spending time on the water. Having a second person around is smart insurance, as an accident could leave one stranded and unable to receive help.
  - Use sun screen and reapply it as needed. Overexposure may lead to more than sunburns. Heat exposure can cause lethargy and dehydration.
  - Avoid alcohol when boating. Alcohol has a tendency to dehydrate the body. This combined with the sun's heat, causes the body to fatigue faster, and impairs one's ability to operate a boat.
  
- **On the Road:** *Many people will be traveling on the road this holiday weekend. Increased traffic on the highway increases the likelihood of an accident. This, combined with the fact that many people think that they are invulnerable while on vacation, makes for a potentially dangerous situation. Holidays also mean that the chances of sharing the road with a drunk driver are increased. The fact that the number one cause of mortality on Labor Day weekends involves unsafe driving, is reason enough to be vigilant and drive defensively.*
  - Avoid speeding. Aside from the safety concerns regarding speeding, an increased police presence over the holiday weekend means more tickets for unsafe driving.
  - Avoid alcohol before having to drive. Just one drink will slow down reaction time.
  - Use a designated driver when necessary - it's never smart to drive drunk.
  - Be careful of other drivers who may not be paying attention.
  - Look ahead and try to anticipate what other drivers may do.
  - Just because you see them, it doesn't mean that they can see you. Never assume another driver can see you. Different types of vehicles have varying "blind spots."
  - Don't assume a driver is paying attention to what you are doing. Be careful and use your signals.

**Remember: Nobody gets a day off from Safety!**

