



Practical Tips to Help You Keep Yourself, Your Co-workers and Your UC Campus Safe, Healthy and Secure

Picture a Safe, Healthy Summer for You and Your Family



Protect the Health and Safety of Children

- Don't turn your attention from young children around pools and waterways, even for a second.
- Check toys and playground equipment for loose pieces, sharp edges and ropes or cords that could entangle a child.
- Home fireworks - even sparklers - can cause serious burns. Enjoy community fireworks displays instead of risking injury and fire danger by lighting fireworks at home.
- When driving, slow down and watch for children around parks, playgrounds and residential areas.
- Never leave children unattended in a vehicle or allow them to play around unlocked, parked vehicles. Heat can build up quickly and can be fatal for a child even if the windows are partially open and the car is parked in the shade.

Understand and Avoid Outdoor Hazards

- Avoid sunburn by using sunscreen and protective clothing.
- Stay hydrated, take breaks and stay cool by planning strenuous activities for early mornings and late in the day.
- Learn the signs of heat related illness and be prepared to respond quickly. Heat stroke can result in permanent injury or death.
- Before taking off to hike or camp, let someone at home know where you will be and when you plan to return.
- Wear safe, appropriate footwear and clothing. To deter biting ticks, wear long pants and socks that protect your ankles.
- Do not feed or approach any wildlife that you encounter on trails or in wilderness areas.



Follow Safety Guidelines While Swimming, Fishing and Boating



- Prevent injury and property damage by learning and following navigational "Rules of the Road."
- Don't allow anyone on a boat's rear platform or in the water near the back of the boat when the engine or generator is running. Carbon monoxide in engine exhaust can cause serious injury or death in both children and adults.
- Be sure children under the age of 13 wear properly fitting, Coast Guard approved life vests when boating.
- Mixing alcohol with boating can lead to injury, property damage and law enforcement citations. Drinking and boating: it's not worth the risk!



Make Your Summer Projects Safe Projects

- Always wear eye protection, gloves, proper footwear or other protective equipment when you start those do-it-yourself tasks.
- If you haven't exercised regularly during the winter, work up to vigorous activity gradually to avoid aching muscles, strains and other health risks.
- Use tools, ladders and other equipment safely and follow manufacturer's instructions. Put away cords, hoses and other items on your property that could become trip hazards.
- Be sure hazardous materials are stored and disposed of properly. Keep them in secure or locked cabinets to prevent accidental poisoning or dangerous, environmentally harmful spills.



For more information on how to stay healthy, safe and secure, contact your campus Environment, Health and Safety Office.

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