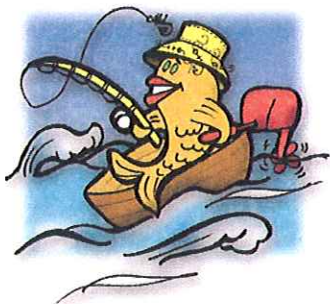


Commit to Safe Boating

Most boating accidents involve capsizing, falling overboard, and collisions. Unfortunately, about 90 percent of these accidents end in fatalities due to drowning and in most cases no personal flotation device is used. **If you will be boating this summer, remember these safety tips:**

- ❖ Limit loading your boat to the recommended limitations.
- ❖ Restrict movement in your boat when in the water.
- ❖ Take your boat out during safe weather and water conditions.
- ❖ Be aware of other boaters and yield the right of way.
- ❖ Always maintain a safe speed while boating.
- ❖ Avoid drinking alcohol while operating a boat.
- ❖ Make sure your boat is properly maintained.
- ❖ Provide a personal flotation device for everyone who rides in your boat. Make sure they wear them.

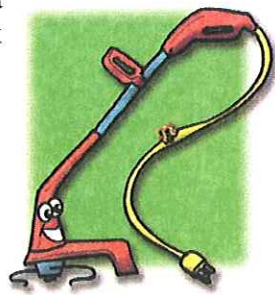


For more information on safe boating, visit the National Safe Boating Council at www.safiboatingcouncil.org.

Be Safe Doing Yard Work

Taking care of your lawn is a chore that can put you at risk of injury unless safety tips are followed. **Remember these safety tips when doing yard work:**

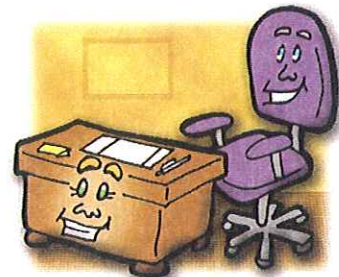
- Before mowing, trimming, or edging, read the owner's manual, and pay particular attention to safety recommendations.
- Don't let people stand or sit anywhere near where you're mowing or weed eating.
- Prepare your lawn by walking over it, checking for broken sticks, stones, toys, and anything else that could shoot out from under the mower or damage the blade.
- Wear sturdy, closed-toe shoes. Never go barefoot or wear cloth shoes or sandals.
- When using a chain saw, make certain it's equipped with an anti-kickback chain that's well sharpened.
- Never leave garden tools such as rakes, spades, forks, pruning clippers, files, and metal plant stakes lying around when not in use.
- Wear proper eye protection when using any power tool.
- Don't wear any loose or dangling clothing that could be caught in moving parts.



Deter Soreness at Your Desk

If you sit at a desk each day and end your workday with sore muscles and an aching neck, then you may not be sitting properly at your desk. Muscular discomfort and soreness are common with office workers. **To minimize soreness, consider these tips:**

- ✓ Make the necessary adjustments to your desk chair or headrest. Adjust your computer monitor to eye level.
- ✓ Keep shoulders low and relaxed and elbows tucked in.
- ✓ Change positions frequently. Don't sit for more than 50 minutes at a time. Stand up and walk around periodically during the day.
- ✓ Avoid bending to the side or forward to reach something.
- ✓ Avoid slouching in your chair. Sit up straight with your head aligned with your spine.
- ✓ Arrange your office to minimize glare from overhead lights, desk lamps, and windows.



Play It Safe in the Back Yard

- ◆ Check under the eaves of your house, in trees, and around other outdoor objects, like barbecue grills, for nests of wasps, bees, or yellowjackets. Remove them safely.
- ◆ Survey your yard for insects such as ants, holes, uneven areas, sharp objects, poisonous plants, and other safety hazards. Take action to remove these hazards.
- ◆ Make sure that your gate is working properly and that the fence doesn't have hazardous areas on it such as broken wood or wires that could injure children.
- ◆ Check all playground equipment for sharp edges or loose parts before letting children use them. Place playground equipment on a safe surface, such as on mulch, wood chips, fine sand, or fine gravel to soften falls.
- ◆ Never leave small children unattended in the back yard.
- ◆ If it's hot outside, make sure you and your family take frequent breaks to drink water and cool down.

