



Training Solutions, Delivered!

# **101 DAYS OF SUMMER SAFETY**

*(Concise)*

**Leader's Guide, Fact Sheet  
& Quiz**

***This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.***

## **PREPARING FOR THE MEETING**

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

## **CONDUCTING THE PRESENTATION**

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

**3926 101 DAYS OF SUMMER SAFETY (*Concise*)**  
**FACT SHEET**

**LENGTH: 9 MINUTES**

**PROGRAM SYNOPSIS:**

From the Memorial Day weekend through the Labor Day holiday, we enjoy all types of warm-weather events, but summer is also a critical time for injuries. In fact, more mishaps occur during these 101 days than they do the rest of the entire year. The key to preventing summertime injuries is to utilize the same safe work practices and attitude we use on the job and apply them to our off-job activities. This video provides a variety of safety tips that will help protect employees from common hazards of the season.

Topics include summer driving safety, preventing sunburn and other heat-related illnesses, summertime sports, swimming safety, boating safety and personal watercraft operation and unique hazards of unfamiliar areas in the summer.

**PROGRAM OBJECTIVES:**

After watching the program, the viewer will be able to identify the following:

- How to prepare your automobile for summertime conditions;
- How to prevent sunburn;
- How to prevent injuries when participating in summertime sports;
- How to safely undertake barbecuing, yard work and other summertime events around the home;
- What precautions to take when swimming and undertaking other activities on the water;
- Why you should familiarize yourself with areas outside your normal environment in the summer.

**INSTRUCTIONAL CONTENT:**

**PREPARING YOUR VEHICLE FOR SUMMER/VACATION**

- Before going on vacation or when the summer temperatures really start to heat up, it's a good idea to have your vehicle checked out by an automotive service professional.
- If you know how, you can inspect many items yourself by doing a pre-trip inspection.
- Check hoses, belts, radiator fluid and the oil. Also check wiper blades, air pressure in the tires, tire tread wear, brake lights and turn signals.
- Finally, make sure you know where the jack and spare tire are located and know how to use them in case you find yourself with a flat tire.

**PREVENTING SUNBURN**

- There are a variety of heat-related illnesses that may be experienced during the summer months, with the most common being sunburn.
- Overexposure to the sun's ultraviolet radiation causes sunburn. The longer the exposure, the worse the burn.
- Various types of sunscreens are available to protect our skin from the sun's harmful effects.
- The average person requires sunscreen with a rating of 30 SPF, but people with fairer skin should use a product with a higher rating. Reapply often, especially after swimming or sweating.
- If you will be spending a lot of time in the sun, loose-fitting, light-colored clothing that covers the skin can provide even more protection. A wide brim hat also helps protect those frequently burned areas at the top of our head, ears, nose, and forehead.
- The sun's ultraviolet radiation can also be harmful to our eyes. Protecting them by wearing sunglasses which filter out UV rays can reduce eye strain and make our time in the sun more enjoyable.

**PARTICIPATING IN SUMMERTIME SPORTS**

- First, it's important to warm up and stretch your muscles before participating in any type of sport. Proper warm up and stretching can prevent injury.

- Perhaps most importantly, stay within your limits. Many summer outings include pick-up games such as volleyball, kickball, soccer or softball. Many of us do not play these sports regularly and our bodies may not be conditioned for the running, diving or sliding that may occur.
- Many injuries occur when we “over do it” in this manner. Just remember that you don’t make a living playing softball or kickball and trying to beat the throw to the plate is not worth suffering an injury and missing work.
- Just as there are several types of personal protective equipment that protect us at work, many summertime activities also require protective equipment. Make sure you understand what protective gear is required for any activity you participate in and wear it.

### **SAFE BARBEQUING**

- Another outdoor activity that requires some precautionary measures is barbequing or “grilling out”. Barbecue and grill mishaps result in more than 4,500 fires and 500 injuries each year; don’t let a fun activity like outdoor cooking be spoiled by a needless injury.
- Before using a gas grill for the first time this summer, make sure the cylinder hose and fittings don’t have any leaks. Turn the gas on slowly and then apply a soapy water solution to the hose and connections. Bubbles will appear if there is a leak.
- If you do discover a leak, turn the gas off and have the grill repaired. Do not use a grill that has a gas leak!
- Gas and charcoal grills must only be used outdoors. If used indoors or inside a tent, they pose both a fire hazard and the risk of exposing people to toxic gases.
- Place the grill in an open area and out of pedestrian traffic. Establish a three-foot safe zone around the grill and make sure any children understand they are not to enter this zone.

### **WORKING SAFELY AROUND THE HOME IN THE SUMMER**

- Of course, summer is not one continuous vacation and cookout. For many of us summer means cutting grass, weeding, starting outdoor projects and home repair; not surprisingly these activities are also a source of summer time injuries.
- First, make sure to dress appropriately for the job. You should wear sturdy shoes or boots.
- Long sleeve shirts and long pants offer protection from thorns, poisonous plants, debris thrown from lawn mowers or power tools; even insect stings.
- Be familiar with the operator’s manual before using any electric or gas-powered lawn equipment. Always wear any PPE recommended by the equipment manufacturer such as safety glasses and ear plugs.

### **SWIMMING SAFETY**

- Many of us flock to pools, rivers lakes and beaches to cool off. Of course, these areas have their own hazards we must be aware of to avoid injury.
- When going to the pool, lake or beach to swim, don’t go it alone. Take a buddy or make sure other people are present.
- Don’t swim out beyond your ability to safely swim back and be sure to alert yourself to local conditions such as drop-offs, currents or wildlife that may make swimming unsafe.
- Small children and non-swimmers should not be allowed to go around the water without supervision.
- Never dive into any water unless you are confident it is deep enough and free of obstructions. Many serious neck and spinal cord injuries occur from diving into shallow water.

### **SAFE BOAT OPERATION**

- Many people have the opportunity to operate various types of watercraft during the summer months. Be aware that watercraft has unique operating and handling characteristics. Also there are very specific “rules of the road” governing their operation.
- It’s a good idea to take a boating safety course before operating any watercraft. In fact, many areas now require it.
- Before leaving the dock, everyone in the boat should be fitted with a life jacket.
- Don’t overload your boat. Boats are only safe and stable when their capacity is not exceeded.
- Do not allow passengers to ride while sitting on the bow or gunwales. This is not only dangerous, but also illegal in most areas.

- Always stay focused when driving the boat. Be on the lookout for other boats, swimmers and obstacles; maintain a safe speed for the conditions present.
- Never drink alcohol while operating any type of watercraft. Just like driving a car, alcohol impedes your abilities and places everyone around you in danger.

#### **SAFE OPERATION OF PERSONAL WATERCRAFT**

- Many people have the opportunity to operate personal watercraft during the summer. These are popular rental items at many beaches and lakes.
- Have a skilled person instruct you in operation of the vehicle and read the operator's manual before heading out on the water.
- Operate personal water craft in open water, well clear of shore, docks, and other vessels.
- On the water, collisions and fatalities involving personal watercraft are all too common during the 101 days of summer. Please operate these vehicles responsibly at all times.

#### **UNIQUE & UNEXPECTED HAZARDS OF UNFAMILIAR AREAS**

- One danger of summer that is often overlooked is how often we find ourselves out of our normal environment. When traveling or visiting new and different areas, we are often not familiar with the unique hazards and safety rules that apply.
- For example, on a nice looking stretch of beach, a visitor might choose to take a quick swim; however, he or she could easily become the next victim of its dangerous currents and under tow.
- Many people play golf while traveling, and wouldn't think twice about retrieving a ball from the edge of this water, but the locals know better and gladly let the resident alligators keep any wayward balls.
- A quick hike before sunset can be the end of a perfect day camping. Just be sure you take the one-mile trail that loops back to camp rather than the 10-mile expert trail that leads over the mountain and has no water along the way.
- These are just three examples; there are countless more. Without local knowledge, a visitor can easily place himself at risk.
- Similar to a job hazard analysis at work, before traveling it's a good idea to do a little research, ask some questions and read and obey any warning signs you encounter.

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**ANSWERS TO THE REVIEW QUIZ**

1. a

2. a

3. c

4. a

5. c

6. c

7. a

8. a

9. a

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**REVIEW QUIZ**

*The following questions are provided to determine how well you understand the information presented in this program.*

Name \_\_\_\_\_ Date \_\_\_\_\_

1. The term "101 Days of Summer" refers to the period of time from Memorial Day to Labor Day.
  - a. True
  - b. False
  
2. What is the most common heat-related illness experienced during the summer months?
  - a. Sunburn
  - b. Prickly heat
  - c. Heat syncope
  
3. You should use a sunscreen with an SPF rating of at least \_\_\_\_\_.
  - a. 10
  - b. 15
  - c. 30
  
4. When participating in sports, it is important to warm up and stretch your muscles first.
  - a. True
  - b. False
  
5. What should you do if you discover your gas grill has a leak?
  - a. Move the grill indoors
  - b. Use duct tape to repair the leak
  - c. Turn the gas off and have the grill properly repaired
  
6. When is it okay to use gas or charcoal grills indoors?
  - a. When it's storming outside
  - b. When there is adequate ventilation
  - c. never
  
7. You should never refuel a lawnmower or other gasoline-powered tool while the engine is running.
  - a. True
  - b. False
  
8. When you are operating a boat and you approach another boat head-on, it should pass on your \_\_\_\_\_.
  - a. Left
  - b. Right
  
9. More injuries occur during the 101 days of summer than in the rest of the year.
  - a. True
  - b. False