



SAFETY ALERT OF THE MONTH

Summer Safety

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Safety at home, on weekends and on vacation is just as important as workplace safety. If you hurt yourself at home, the impact is the same – lost work and time away from doing activities you enjoy. Below is a list of hazards to consider and ways to keep yourself, your friends and your family safe while enjoying your summer.

Summer Hazards

1. **Driving** – Be prepared for busy highways and resource roads as well as delays from road construction. Set reasonable travel expectations so you're not pressured to speed or make risky passes to make up time. Take steps to remain alert during long road trips by taking frequent breaks to walk around and enjoy a healthy snack and water. Avoid distractions by keeping passengers engaged in quiet activities and secure your pets.
2. **Check Your Equipment** - Make sure your recreational equipment is well maintained and ready to go. Your RV, ATV, boat and trailers will need a thorough inspection and maintenance check after sitting idle over the winter months. And make sure you have a plan in place if something breaks down. Spare tires, gas and parts should be handy so you don't get stranded.
3. **Emergency Plans** - You have emergency plans at work and these are just as important when you're at home and travelling. For example: Designate a check-in person when you go fishing or mountain biking. Monitor fire danger hazards and follow all camp fire rules and restrictions.





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4. **Water Safety** – Preventable drowning incidents occur every summer. Wear your lifejacket. There are a lot of comfortable and effective options out there. Supervise anyone who is not a strong swimmer. Don't jump into any body of water unless you know how deep it is – always check first.
5. **Personal Protective Equipment** – Many recreational activities need extra personal protection so replace your hard hat with a helmet, safety glasses with sunglasses and a high-vis vest with a life jacket.
6. **Impairment** - Have a good time this summer but don't drink and drive/boat. Summer is all about relaxing and socializing with friends but have a plan for a safe transportation back to your campsite or home base.
7. **Safety at Home** - Summer is a great time to catch up on projects around the house but don't cut corners at home. The same safe practices that keep you safe at work apply at home as well. Hand injuries, ladder incidents and slips, trips and falls are all common incidents that happen at home.



Additional Resources

- [Resource Road Orientation Video](#) - Work Here, Play Here, Stay Safe Here
- [DriveBC](#) – Check before you go! A great resource for road conditions and construction delays.
- [BC Wildfire – Current Wildfire Activity](#)
- [Water Smart Tips](#)

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