

Summertime Safety Tips

Protect Yourself and Your Family

This summer, as you enjoy the sunny weather and fun, seasonal activities, be sure to take proper care of yourself and your family. In this issue, we'll discuss summer safety tips—we'll tell you how to protect your eyes from the sun, how to properly apply sunscreen, and how to avoid danger at the pool. You'll also get great outdoor fitness ideas, a yummy side dish recipe that's perfect for summertime, and more!

Healthy Summertime Recipe!

Grilled Pineapple

Your grill can be used to cook more than hamburgers and hot dogs. Be creative—try grilling up some veggies or fruits. You can start with this easy grilled pineapple recipe.

Ingredients:

1 ripe pineapple—peeled, cored, and cut into 1/2 inch thick slices

2 tablespoons dark honey

1 teaspoon olive oil

1 tablespoon fresh lime juice

1 teaspoon ground cinnamon

Directions: In a small bowl, combine all ingredients except the pineapple. Whisk to blend, then set aside. Preheat an outdoor grill for high heat. Lightly brush cooking spray over the grill rack and position it 4-6" from flame. Lightly brush the pineapple with the marinade. Grill or broil the pineapple, turning once and basting once or twice with the remaining marinade, until tender and golden (about 3-5 minutes per side).

Applying Sunscreen Correctly

As the sunny days of summer continue, remember to keep smoothing on sunscreen to prevent sun damage that can lead to skin cancer. Follow these sunscreen "best practices" to stay safer in the sun:

- Use a broad-spectrum sunscreen that is water resistant with an SPF of at least 30 and protects against both UV-A and UV-B rays.
- Apply sunscreen 20 minutes before you head out—it takes that long to work. And it's not just for sunny days—apply sunscreen on overcast days, too.
- Reapply your sunscreen every 2 hours. If you've been swimming, sweating, or have towed off, reapply immediately.
- Don't skimp on the sunscreen! Total body coverage is the equivalent of a full shot glass.

[Sources: American Academy of Dermatology; Journal of the American Academy of Dermatology, May, 2010]





Swim Safely

Basic rules for the beach or pool

Swimming in a pool, lake, or ocean is a fun and healthy recreational activity that can be enjoyed by people of all ages. But before you jump in the water, it's a good idea to know the basics of safer swimming. Keep these tips in mind:

- Swim only in designated areas supervised by lifeguards.
- Don't swim alone—always bring a buddy.
- Don't leave young children unattended near the water.
- Have young children or inexperienced swimmers wear life jackets around water.
- Make sure everyone in your family knows how to swim well. Organizations in your community, such as the Red Cross, may offer age-appropriate swimming classes. Consider taking a CPR class, too.
- Read and follow the pool rules. Remember to only dive in approved areas, and never run around the pool.
- If a problem should arise, know when and how to call 9-1-1 or the local emergency number.

[Source: American Red Cross]

Shielding Your Eyes From the Sun

What to wear to stay safe

The searing rays of the sun call for solid protection for your eyes. The sun's ultraviolet (UV) rays can increase your risk of cataracts, macular degeneration and skin cancer on or near the eyelids. Whether you are out in the sun frequently or infrequently, you'll need to take precautions to keep your eyes safe from UV rays.

These tips can help:

- Wear sunglasses that offer near total UV blockage. Sunglasses should block out 99-100 percent of UV-A rays, as well as UV-B rays (the most damaging to the eyes).
- Select wraparound styles. They'll sufficiently cover the sides of your eyes.
- Ask your doctor about UV-blocking contact lenses. Make sure they carry the American Optometric Association Seal of Acceptance for UV-Absorbing Contact Lenses.
- For extra protection, wear a wide-brimmed hat. It can help protect your eyes and face from the sun.



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