

HSW Moment

Summer(holiday) Activity

Safety Awareness

Introduction

- While summer activities are enjoyable, like any other activities, they come with health and safety risks.
- Engaging in outdoor pursuits such as swimming and playing sports brings with it the possibility of accidents, injuries, and health issues.
- Water-related activities, although fun, carry the danger of drowning or waterborne illnesses.
- It is important that these risks are considered so that everyone can enjoy the summer season safely.



Jet Lag and Fatigue

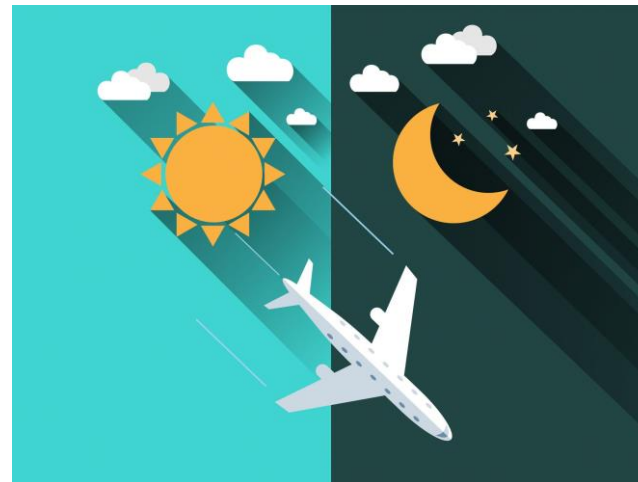
Jet lag occurs when a person's internal body clock is out of sync with the time zone they have travelled to. It is especially common when crossing multiple time zones quickly, such as on long-haul flights.

Potential Dangers:

- Disrupted sleep
- Impaired concentration
- Headaches

Prevention Tips:

- Gradually adjust sleep schedule before travel.
- Stay hydrated and avoid alcohol and caffeine during flights.
- Get plenty of rest upon arrival.



Swimming Pools

Swimming pools are popular during the summer for both relaxation and exercise. However, they come with potential dangers.

Potential Dangers:

- Drowning risks
- Waterborne illnesses e.g. e. coli, Legionella
- Chemical exposure
- Slip, trip and falls
- Alcohol consumption
- Eye irritation

Prevention Tips:

- Take swimming lessons and use flotation devices/life jackets if necessary
- Avoid swallowing pool water
- Shower before and after swimming.
- Use sun protection cream
- Use swimming glasses
- Don't drink alcohol in the pool.
- Don't run
- Jump only in defined area.



Sports and Physical Activities

Engaging in sports during the summer is a great way to stay active but can pose several risks, particularly in hot weather.

Potential Dangers:

- Sprains
- Fractures
- Concussions

Prevention Tips:

- Use proper equipment and protective gear.
- Warm up before activities and cool down afterwards.
- Follow rules and guidelines for each activity.
- Monitor children
- No alcohol before exercise
- Medical insurance.



Barbecues and Picnics

Barbecues and picnics are enjoyable summer activities but come with specific health and safety risks.

Potential Dangers:

- Food poisoning
- Burns
- Insect bites and stings
- Tick bites (Lyme disease)
- Fire

Prevention Tips:

- Keep perishable foods refrigerated.
- Cook meat to proper temperatures using appropriate caution.
- Practice good hygiene and handwashing.
- Use safe grill fireplace
- Use insect repellent.

