

# SAFETY ALERT

## USARC SAFETY SENDS

### Labor Day Safety Considerations



As we approach the long Labor Day weekend, take this well-deserved time to relax, unwind, and celebrate with family and friends. Remember, proactive planning, risk management, and mutual support, ensures everyone can enjoy the holiday safely. Our strength relies on every member returning safe and healthy, recharged, and ready for the mission.

#### • Driving Safety

- Plan ahead. Expect heavier holiday traffic and give yourself extra time.
- Avoid Distractions – set your GPS before your trip, put the phone away and focus on the road.
- Never drive under the influence and always ensure you have a rested, sober driver.
- Wear your seatbelt, every trip, every time.

#### • Heat Injury Prevention

- Drink water regularly, even if you do not feel thirsty.
- Take breaks in the shade or indoors when possible.
- Wear lightweight, light-colored clothing.
- Know the signs of heat exhaustion and heat stroke, and act quickly if they appear.

#### • Food Safety

- Keep raw meats separate from ready-to-eat foods.
- Refrigerate perishable items promptly and do not leave foods out for more than two hours ( one hour in high heat).
- Use a food thermometer to ensure meats are cooked to safe temperatures.
- Wash hands and surfaces thoroughly before and after handling food.

#### • Drink Responsibly

- If you choose to drink, pace yourself and stay hydrated.
- Know your limits – alcohol and heat do not mix.
- Have a designated driver or use a rideshare service.
- Look out for friends and family and ensure everyone gets home safely.

#### • BBQ and Grilling Safety

- Keep grills at least 10 feet away from structures, vehicles, and anything flammable.
- Never leave a lit grill unattended.
- Use proper tools and heat-resistant gloves to prevent burns.
- Make sure coals are fully extinguished before disposal.

**ENSURE WIDEST DISSEMINATION AND POST ON BULLETIN BOARDS**

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