



B.C. Principals' & Vice-Principals' Association

MEMBER UPDATE

ReFresh

June 8, 2022



This week...

Summer Safety

It's June – the countdown to summer has started!

Before you and your staff take off for summer vacations (which may be extra exciting because many of us likely have not ventured far the past two years), it is good to have and share this reminder of helpful summer safety tips.

Summertime is too critical to be wasted on a safety mishap, injury, or a hospital visit!

In this ReFresh, we highlight 25 safety tips that may not be immediately top of mind for you from an online Summer Safety Tips list. The list goes to 37, so for more detail [please check out the full article.](#)

Print a copy and put in your staff room!

Summer Safety Tips to Remember and Share!

1. Learn CPR

88% of cardiac arrests happening at home, so it's wise to be trained in Cardiopulmonary resuscitation (CPR) to help loved ones immediately. Many people who suffer from cardiac events appeared healthy at the time and didn't have any known heart risk factors. Wherever you are or whatever you are doing, knowing CPR can buy precious minutes until professional medical help arrives.

2. Remember Your Mask

Yes, the BC Centre for Disease Control has stated that fully vaccinated folks could go mask-less for the most part. But don't ditch the mask just yet; crowded areas and venues — think a bustling train station or market — may still require you to wear a mask, even if you're fully vaccinated.

3. Swim Smart

Kids aren't the only ones who need to practice safe swimming; adults need to keep swimming safety in mind, too. Whether enjoying the pool, beach, lake, or river, any body of water can be dangerous if the appropriate precautions aren't taken. It's important to remember drinking alcoholic beverages and swimming don't mix. Don't overestimate your swimming abilities and avoid swimming alone, especially where there are strong currents in natural bodies of water. Designating an undistracted 'water watcher' to keep an eye on your group can be helpful in detecting a swimmer in trouble.

4. Prepare an Emergency Weather Kit

Summer is known for its long days, but it's also a prime time for severe weather like thunderstorms or hurricanes (*as seen in Ontario recently!*). Heavy storms can easily knock out power and scatter debris, making it difficult to travel outside your home for necessities. Ensure you have a full emergency kit ready to go with non-perishable food, flashlights, water, a first aid kit and extra medications to see you through an emergency situation.

[Click here](#) for what to put in a 'grab and go' emergency kit or order from [Canadian Safety Supplies](#).

[Earthquake survival kits](#) are also smart to have on-hand at home, at work, or in your car.

5. Use Insect Repellent

Protect yourself by wearing bug repellent; depending on where you are travelling this summer, diseases can be spread by mosquitoes and ticks like dengue fever, malaria, West Nile Virus, and Lyme disease. In addition to bug spray, you can also minimize bug bites by discarding standing water in your yard (think bird baths and kiddie pools), wearing long sleeved-clothing, and using mosquito netting when outdoors to avoid bug bites.

There are natural bug repellent options (if you want to avoid the chemicals in Deet and other products).

6. Boat Safely

Summer is a great time for boating. A few precautions to take when boating include: ensuring there are enough life vests are onboard, watching the weather before and during your time on the water, skipping alcoholic beverages when driving the boat, and staying hydrated throughout the day.

7. Don't Ignore Thunder

As the saying goes, “When thunder roars, go indoors.” While the odds of being hit by lightning are one in a million annually, it’s still not a good idea to hang outdoors during a thunderstorm. **Remember the 30-30 rule. Once you see lightning, count to 30.** If thunderclaps happen before you hit 30, go inside. Additionally, avoid bathing in the shower or bathtub during thunderstorms as lightning can travel through plumbing – good to know!

8. Exercise with Caution Outdoors

Hydrations, along with exercising in shaded areas, is key to safe outdoor exercise. If the heat index is over 90 degrees, you may want to consider working out indoors or waiting until the evening.

9. Cook Food the Same Day

Planning a picnic? Make sure you cook food the same day to limit the amount of time bacteria has to grow in it. Viruses and bacteria are the most common culprits of food poisoning, which is usually not serious – just unpleasant – but can send you to the hospital if you’re not careful. To prevent illness, practice the four food safety steps: clean, separate, cook, and chill.

10. Mow with Caution

Yard upkeep may be a great workout, but it isn't without its hazards. When mowing the yard, make sure you wear long sleeve pants and shirts, along with safety goggles. Wearing close-toed shoes are necessary to keep rocks and other sharp objects from hurting your feet.

11. Drink Right

While it's fine to have an adult beverage every once in a while, one of the most important health tips to remember is to stay hydrated. If you don't love plain water, consider infusing it with fruit or add coconut water for an electrolyte boost and refreshingly delicious drink that is better for you than other sweet beverages.

12. Keep Good Sleep Practices

With summer vacations and long summer days ahead of you, it's easy to mess up your sleep routine. Take a look at our past ReFresh article on [sleep routines](#).

13. Watch Your Grill

As the summer months encourage more outdoor time, firing up the grill becomes a popular activity. If you love to grill, be sure to practice food safety and fire safety. That includes only grilling outdoors, keeping kids and pets away, and keeping the grill cleaned of grease and fat. Above all, never leave a grill unattended!

14. Protect Your Hearing

Summer is a great time for enjoying unique activities like sporting events, shooting ranges, concerts, etc. But it can also do a number on your hearing. Loud noises above 120 decibels can cause immediate damage to your hearing. Invest in some good ear plugs if you plan to attend any of those activities this summer.

15. Have a First Aid Kit

Here are two links that list what to put in a summer first aid kit: [List 1](#), [List 2](#).

Or order one directly from [St. John's Ambulance](#).

Have a happy, safe, and fun summer!

A handwritten signature in black ink, appearing to read 'Rochelle', with a stylized flourish at the end.

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.