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Summer Safety Tips for Home and the Workplace

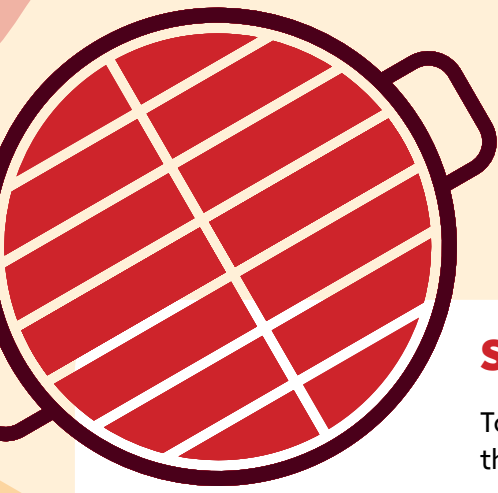
Summertime

Summer brings rest, relaxation, and fun, but it can also be a time of increased risk for our hearts. Extreme heat may increase incidents of cardiac arrest, and an average of 33 drownings occur in the United States each day, one third of which are fatal. Knowing cardiopulmonary resuscitation, or *CPR*, could be the key to saving someone from cardiac arrest or drowning. *CPR*, especially if performed immediately, could double or triple a cardiac arrest victim's chance of survival.

More than 350,000 out-of-hospital cardiac arrests occur in the United States every year. But fewer than half of these people receive the immediate help that they need from bystanders before professional help arrives.

A vibrant illustration of a summer barbecue scene. In the center is a red charcoal grill on a tripod stand. Surrounding it are various food items: a whole roasted chicken, a hamburger, a slice of watermelon, a lemon, a pepper, and skewers with mushrooms and vegetables. The background is a light yellow with scattered icons of food and drink.

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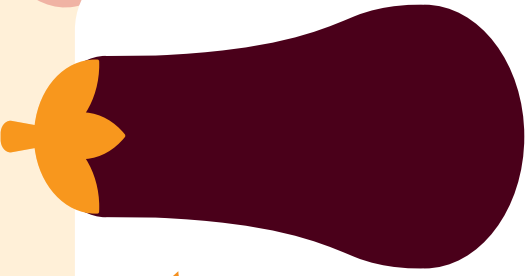


Summer Safety Tips

To help you and your family stay summer safe, we recommend the following:

- **Join a Nation of Lifesavers.** A simple 90-second [video](#) shows you how to perform Hands-Only CPR. When someone has a near-drowning accident, the American Heart Association recommends giving rescue breaths along with chest compressions. Consider taking a CPR course with the whole family.
- **Stay hydrated.** Dehydration can begin within just a few hours of heavy exercise or exposure to extreme heat. Fatigue, headaches, dizziness, sleepiness, and dry mouth can all be signs of dehydration. The Food and Nutrition Board at the National Academy of Medicine recommends that to stay healthy, men should drink about 3.7 liters of water daily. That's about 15 8-ounce glasses. Women should drink about 2.7 liters of water, or 11 glasses. To meet those goals this summer, try making flavor-infused water for your family!
- **Wear your sunscreen.** SPF does expire! When it does, it may leave you vulnerable to sunburn or other skin damage because it's not going to work as well.
- **Change up your playlist.** Need a good playlist for traveling? Try our [Don't Drop the Beat playlist on Spotify](#). All songs in this playlist are between 100 and 120 beats per minute, the same rate at which you should perform compressions when administering CPR.
- **Practice water safety.**
 - **Learn to swim.** Drowning is the leading cause of death in children between 1 and 4 years of age.
 - **Secure the pool.** Install fencing that's at least 4 feet high and has self-closing, self-latching gates to separate the pool from the house and yard.
 - **Teach safety.** Talk with the whole family about the risks of diving or swimming in unfamiliar water and of using alcohol or drugs while in or near water.
 - **Wear life jackets.** Wearing life jackets could prevent half of all boating deaths.
 - **Clear out pool toys.** Make sure children aren't tempted to play unsupervised.
- **Don't die of doubt.** Heart attack or stroke? Call 9-1-1 if you experience any symptoms. Be safe, not sorry. [Learn more.](#)



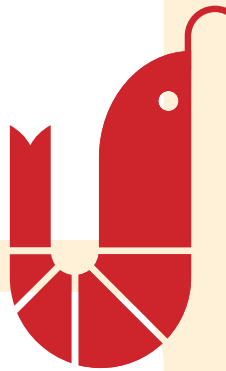


Workplace Summer Safety Tips

Safe + Sound Week is a nationwide event held each August that recognizes the successes of workplace health and safety programs. It also offers information and ideas on how to keep America's workers safe. This year, **Safe + Sound Week is August 7-13, 2023.**

OSHA (the Occupational Safety and Health Administration) recommends the following for a safe summer in the workplace:

- Take frequent short breaks in cool shade.
- Eat smaller meals before work activity.
- Avoid caffeine, alcohol, and large amounts of sugar.
- Work in the shade.
- Ask your healthcare provider whether the combination of heat and your medications might affect you.
- Know that equipment such as respirators can increase heat stress.
- Drink small amounts of water frequently.
- Wear light-colored, loose-fitting, breathable clothing—cotton is good.



Follow us on social media for more summer safety tips!

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