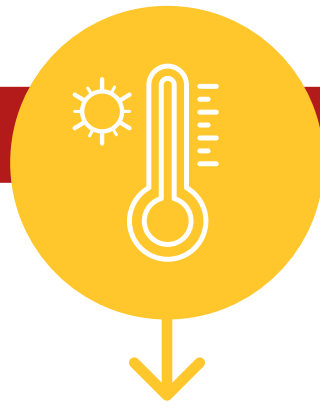




Summertime Safety: The Hot Edition



Gearing up for a fun time this summer?
Stay safe around common sources of heat.

At the Grill

- ✔ Clean your grill after every use to remove fat and grease buildup.
- ✔ Place the grill outside and away from deck railings, house siding and tree branches.
- ✔ Stay beside your grill when in use, and keep children and pets at least three feet away.



Around the Firepit

- ✔ Never walk away from an active fire, and make sure to fully extinguish any fires with water, sand, dirt or a fire extinguisher before leaving the area.
- ✔ Remove tripping hazards and use a fire pit screen to stop embers and ash from escaping.
- ✔ Set up your fire pit far from anything that might catch fire, such as decking or roofing.



In the Sun

- ✔ Carry water with you at all times, and drink plenty throughout the day.
- ✔ Stay in the shade and go inside for breaks when possible.
- ✔ Wear a hat, sunglasses and long sleeves and reapply sunscreen with SPF 15 or greater at least every two hours.



**Concerned about staying safe in the summer heat?
Find a doctor today: weillcornell.org/doctors**

