

SUMMER SAFETY



WEAR A HELMET!
every bike ride, every time



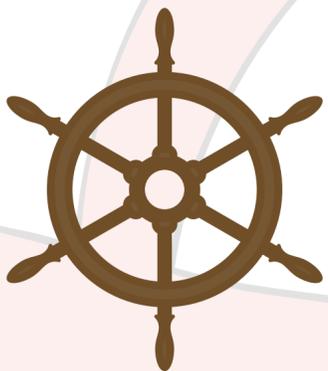
USE SUNSCREEN!

at least SPF15, 30 min. before going out



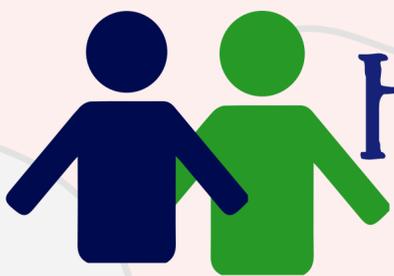
WEAR EYE PROTECTION!

when helping with yardwork or mowing



LIFE JACKETS ON BOATS*

*even for really strong swimmers!



HIKE, BIKE, SWIM, EXPLORE

ALWAYS with a friend, **NEVER** alone



BEAT THE HEAT!

bring and drink water, wear hats, seek shade, and check for ticks if in the woods