



D.S.T. (Delta Safety Tips) Emergency Response Team

Outdoor Safety Tips

GRILL SAFETY

1. Keep the grill away from building structures
2. Keep a 3 foot safety zone around the grill
3. NEVER leave the lit grill unattended
4. Keep the grill clean by removing grease buildup
5. Place cooled coals in a metal container with a lid
6. When using a gas grill
 - a. Use soap to check for gas leaks
 - b. Remember to turn the gas off when grilling is done
7. Always use tongs and other accessories when touching the hot grill

HYDRATION

- Keep additional bottles of water in your trunk or with you
- Avoid sugary drinks and juices
- Avoid alcohol because alcohol only dehydrates you more
- Keep track of hydration with smartphone apps.
- When outdoors, try to restrict your activities close to a shady spot.

COMMON SYMPTOMS OF DEHYDRATION:
THIRST ▲ DRY SKIN ▲ DARK YELLOW URIN ▲
LIGHT HEADED ▲ DRY MOUTH ▲ WEAKNESS

SUN SAFETY

Skin cancer is the most common cancer in the US. Too much sun can cause skin cancer. Protection from UV rays is important year round, not just during the summer.

You can help protect your skin from the sun by following the below tips:

SHADE - Reduce your risk of sun damage and skin cancer by using the shade of an umbrella, tree, or other shelter.

CLOTHING - When possible, wear long-sleeved shirts and long pants/skirts, which can provide protection from UV rays. If unable to fully cover up, wear a t-shirt or beach cover up.

HAT - For the best protection, wear a hat with a full brim to shade face, ears, and the back of your neck.

SUNGLASSES - Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

SUNSCREEN - Use broad spectrum sunscreen on exposed skin to block both UVA and UVB rays. Use sunscreen with an SPF of 15 or more. Reapply sunscreen if out in the sun for more than 2 hours and after swimming, sweating, or toweling off. **SUNSCREEN WORKS BEST WHEN COMBINED WITH ONE OR MORE OF THE OTHER OPTIONS**