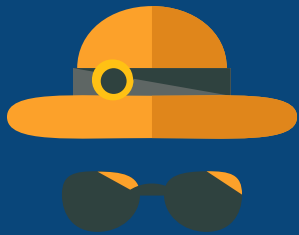


MEMORIAL DAY SAFETY TIPS

The official unofficial kickoff weekend for “pretty much almost might as well be summer”! If you are planning to travel, barbecue or spend a weekend in the sun, here are a few simple tips that will help you keep safe this Memorial Day.

Grilling & Fire Safety

Never leave a grill unattended 🔥 Have a fire extinguisher ready 🔥 Clean off any excess grease



SUN Safety.
Wear a hat & sunglasses 🧐 Use sunscreen with an appropriate SPF 🧐 Reapply sunscreen when swimming

Food Safety

Keep food hot and heated until served 🍔

Keep cold food on ice or in the fridge

🍔 Cover dishes to keep insects out



Travel Safety
Prepare your car for road trips 🚗 Plan your route ahead of time 🚗 Never drive under the influence of drugs or alcohol

HAVE A SAFE AND FUN MEMORIAL DAY!

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

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This confidential service is FREE for
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Source: American Safety Council