

MEMORIAL DAY SAFETY TIPS

Memorial Day is often considered the unofficial kickoff to summer. If you are planning to travel, barbecue, or spend time in the sun, here are a few simple tips to help you stay safe this Memorial Day weekend.



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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Source:
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