

Spotlight on Health and Safety

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SUMMER WELLNESS

You've made it, summer is here! It's time to relax and have some fun! There are many things we can do to recharge and keep ourselves and our families safe - here are a few suggestions:

Make sure you and your loved ones are wearing the proper protective equipment suited for the activities you participate in. Sports and other recreation activities are especially popular in the summer and it's important that everyone stays safe. If possible, take first aid training, cardiopulmonary resuscitation (CPR) and know the signs of a concussion – these important skills save lives.

Ensure that children know the rules around the home including kitchen safety, fire prevention, farm safety and always watch children around water. Make watercraft safety a priority by teaching them how to swim and to wear life jackets that fit properly. Teach and model to your children how to be around animals and insects in order to be protected from unnecessary bites and stings. In the summer, heat-related illnesses can happen easily, especially when participating in physical activities during hot weather. The best defence is prevention – protect your skin and stay hydrated.

This summer, many students will get their first job and workplace safety is very important - especially for those new to the workforce. Be sure to ask your child about their on-the-job safety training, ensure they know their rights and responsibilities as an employee, and that they can always refuse unsafe work.

Everyone benefits when investing time on wellness. Remember to get enough sleep, eat well and exercise regularly. Take time to enjoy your interests and surround yourself with family and friends. Taking time to rest and relax during breaks will help you keep a positive attitude and maintain your energy throughout the school year.

Stay happy, active and safe, and have a wonderful summer.