



## A Healthy Horizon

Your Connection to a Healthier Life

Summer 2008

### [ HEALTHY LIVING ]

## Summer Safety

While you're enjoying your summer fun, don't forget about safety considerations. Here are some reminders to keep yourself and your family safe while travelling, swimming, boating, hiking, camping, entertaining outside, and during other typical summertime activities.



### Travel Safety

- Keep travel documents compact and in a safe place on your being.
- Buckle up. Children should sit in the back seat in car seats suitable for their age and weight.
- Keep supplies with you. Small snacks, water, a first aid kit and any medications needed.
- In any warm weather, hats and lightweight layered clothing will protect you from heat and sunburn.

### Boat and Water Safety

- Sunscreen should be applied 30 minutes prior to sun exposure and then again every hour or after swimming.
- Learn to swim. You're never too old to learn how.
- Everyone should wear size appropriate life jackets when in boats or near bodies of water.
- Never leave children alone in or near water.
- Adults should be CPR certified.

- Drinking alcohol and boating should be treated the same as drinking alcohol and driving. The two don't mix.

### Food and Picnic Safety

- Keep hot foods hot, and cold foods cold. Temperatures between 40 °F and 140 °F is known as the "Danger Zone." Bacteria multiply rapidly at these temperatures and can reach dangerous levels after 2 hours.
- Throw out foods left in the "Danger Zone" too long. Do not re-refrigerate.
- Keep perishable foods in a cooler with plenty of ice. Block ice lasts longer than cubes.
- Keep plenty of non-perishable foods on hand. Nuts, jerky, and dried fruit travel well and provide a healthy snack.
- Keep everything clean. Wipes comes in handy.
- Keep children away from barbeque's and have burn first aid supplies handy.

### Don't Forget Those Pesky Bugs

- Don't use scented soaps, perfumes or hair sprays if you don't want to attract them.
- Repellents appropriate for children should contain no more than 10% DEET.
- Avoid wearing bright colors or flowery prints.

Your Employee Assistance Program wishes you a safe and fun summer season. Contact your EAP if you need help with summer resources for you and your family.



#### [ ASK YOUR EAP COUNSELOR ]

*Summer is here and I find the expense of gas and travel is impacting how much and what our family can do. What are my alternatives?*

Genuine enjoyment refreshes you and deepens your life. With a little playful creativity, you can enjoy your summer without emptying your pockets. Here is a little exercise to help you creatively come up with some solutions to your question.

#### List 20 Things You Love To Do

These should be activities that generate feelings of joy and vitality for you and your family.

#### Next, Choose Your Top 5

Of these top 5, ask yourself these questions. How much is the approximate cost to each of these? Is there any connection between the amount of pleasure you derive and the cost?

#### Now, list 10 leisure activities under \$10

#### Challenge yourself and list 5 under \$5

If you're having trouble thinking of inexpensive things to do, enlist the help of your family members, including children.

#### Help Is a Call Away

Remember, your Employee Assistance Program (EAP) is always available to help you or your dependents with any type of personal, family or work-related concern. EAP team members are here to help.

#### [ WEB CORNER ]

Your EAP web site provides articles, videos and links to helpful and timely subject matter monthly.

**JULY -** UV Safety Month  
Picnic Ideas and Skin Tips

**AUGUST -** Children's Eye Health & Safety Month  
Certified Trainers  
Snacks for Good Eye Sight

**SEPTEMBER -** National Suicide Prevention Month  
Jason Foundation  
Back-to-School Stress

#### Webinars - Register Today

Visit your EAP web site and register for a live Webinar. You'll experience a live speaker and a chance to ask questions at the end of the session. Webinars are free to EAP clients.

**JULY -** Summer Safety Tips  
Wednesday, July 16, 2008, 1:00 PM EST  
Thursday, July 17, 2008, 2:00 PM EST  
Thursday, July 17, 2008, 4:00 PM EST

**AUGUST -** College Admissions: Survival Tips for Parents  
Wednesday, August 13, 2008, 1:00 PM EST  
Thursday, August 14, 2008, 2:00 PM EST  
Thursday, August 14, 2008, 4:00 PM EST

**SEPTEMBER -** Suicide Awareness  
Wednesday, September 3, 2008, 1:00 PM EST  
Thursday, September 4, 2008, 2:00 PM EST  
Thursday, September 4, 2008, 4:00 PM EST

You'll also find a listing of upcoming webinars and an archive of webinars that you can listen to at any time!