

Warm up to summer safety

June brings summer sunshine, warmer temperatures and outdoor recreation. Remember these cool ideas to stay safe all summer long:

- Before using your grill, place it at least 10 feet away from other objects; always stay by the grill when cooking.
- If you have a pool or spa, install at least a five-foot-tall fence; always keep gates closed and latched and never swim alone.
- Wear goggles and hearing protection when using a power lawn mower. Never reach under the mower unless it is turned off and the blade has completely stopped turning.
- If you plan to use fireworks to celebrate the Fourth of July, never light them indoors or near dry grass; always read the directions and warning labels.

Sources: Home Safety Council; Centers for Disease Control



Start summer with a splash by putting safety first – whether you're vacationing at home or away, or just enjoying the daily routine.



Get ready for summer fun with healthy tips and ideas. Before heading to the pool, log in to Blue Access for Members and check out the articles on summer sports and recreation in the Personal Health Manager.

June 2011

www.bcbstx.com/hs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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