

Riders on the Storm

- * Watch vs. Warning – The “c” in watch stands for check. Check news alerts and keep alert for weather that is changing. The “r” in warning stands for run. You may need to take immediate action.
- * Thunderstorms – Close windows and doors, don’t handle electrical equipment, and avoid bathtubs and sinks (metal pipes may conduct electricity). If outdoors, try to get to a building or car. If no structure is available, go to an open space. Squat low to the ground, but don’t lie down. Avoid tall structures, and stay away from bodies of water. If caught in a car, pull off the road away from trees. Stay in the car with the windows up and hazard lights on. Avoid touching any metal, and drive only if necessary. If lightning strikes a person, call 911 immediately. Check victim for injuries, provide first aid, and CPR if necessary.
- * Flooding – Stay alert and informed. Be prepared to evacuate quickly and move to higher ground. Don’t drive through rising water...turn around and find another route.



What should you do if stuck out in a storm?

Bike Safety Tips

Wear a helmet. They are proven to be 85-88% effective in preventing traumatic brain injury. They need to be strapped and fitted properly!

Assure bicycle readiness. Be sure wheels are attached properly, handlebars are tight, brakes work, and tires are inflated properly.

When on the road, follow the rules of the road! Ride with traffic; obey traffic signals, signs, and speed limits; signal turns; and yield to pedestrians and vehicles.

Be visible. Wear bright colors and reflective materials. If riding in darker conditions, use a light.

Stay focused and alert. Don’t wear headphones. Keep an eye out for obstacles in your path and be prepared to avoid them.



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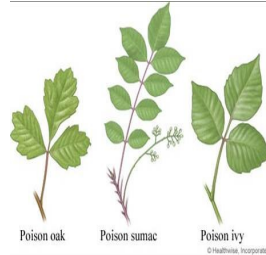


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OUTDOOR ADVENTURES

Tips for Hiking & Geocaching

- * Know the area, bring water and supplies, wear appropriate clothing and supportive footwear.
- * Do not hike alone, wear sunscreen and insect repellent. Know what poison ivy looks like and avoid it.
- * Check for ticks – Watch for circular rashes and flu-like symptoms. Wash clothes/hair after leaving tick-infested areas.
- * Geocaching is a high-tech treasure hunting game. The idea is to locate hidden containers, called geocaches, outdoors and then share your experiences online. Visit www.geocaching.com for more information.
- * Bear encounters are unlikely. Hiking at dawn or dusk may increase the likelihood. Use caution when hearing or visibility is limited. Reduce chances of surprising by making noise, talking or singing. If you meet a bear: **Stop. Stay calm.** As you move away, make noise. Back away slowly. **Give the bear room to escape. Do not run or make any sudden movements. If you surprise a bear speak softly.** This reassures the bear that you mean no harm. **Fight back.** If a black bear attacks you, fight back. Black bears have been driven away with rocks, sticks, and even bare hands.
- * If you spot a snake, keep in mind these tips:
 - Stay a safe distance from the snake. Snakes usually strike about 1/2 their body length, but they can strike farther. Don't trip and fall on the snake.
 - 80% of bites occur when someone tries to catch or kill a snake. **The safest thing you can do if you see a snake is to leave it alone.**
 - 85% of bites in the United States occur on the hand and forearm. 50% involve a victim under the age of 20. 70% of bites in the United States involve alcohol consumption.
 - Spraying a snake with a garden hose can be an effective to rid your yard of a snake.
 - Step on logs rather than over them. Snakes coil beside logs in the "Reinert Posture" and might mistake your leg for a predator or prey.
 - Watch where you put your hands and feet. Do not reach under boards or rocks with your fingers.



Water Tips

General Water Safety:

- * Select a supervised area. A trained lifeguard who can help in an emergency is the best safety factor. Never swim alone.
- * Select an area that has good water quality and safe natural conditions.
- * Make sure the water is deep enough before entering headfirst.

Jellyfish Stings: Rinse the affected body part with isopropyl alcohol, vinegar or seawater—not pee. Scrape or shave the areas gently to remove any remaining stingers. Do not rub or rinse with fresh water or tap water. Papaya or meat tenderizer may help relieve the sting.

Rip Currents: Look for differences in the water color, water motion, incoming wave shape or breaking point compared to adjacent conditions. To safely get out of a rip current, swim parallel to the shoreline until out of the current. If you are not a confident swimmer; stay calm, tread water, and signal for help.

Rip current



Boating:

- Wear a life jacket and avoid alcohol, but also:
- * Watch a weather forecast and know water conditions before shipping out.
 - * Have supplies: drinking water, an air horn, standard first-aid kit, fire extinguishers, and a VHF radio so you can call for help.
 - * Tell someone where you're going and when you expect to return.
 - * Stay within capacity & know if passengers can swim.
 - * Go out with a full tank of fuel and use no more than a third of a tank to get to your destination, reserving plenty to return.
 - * Shut off engines when swimmers are near.
 - * Many boating safety classes are held for (and can often lead to a discount on insurance).

The Heat is On!

If you follow some simple dos and don'ts of working out in the heat, then you can fully take advantage of all the fun of summer.

Do's:

Drink plenty of fluids. Be sure to drink throughout the day (non-caffeinated beverages, such as water). Drink 8 – 12 oz. of water 20 – 30 minutes prior to exercise, 6 – 10 oz. every 30 minutes during exercise, as well as plenty of fluids after activity.

Eat regularly. Five to six small meals per day is best. Include lots of fruits and vegetables. Aside from being nutritious, fruits help with hydration.

Wear light, loose fitting clothes that can breathe. Cotton is a good choice, as is clothing designed to wick the sweat away.

Wear sunscreen. Sunburn heats your body.

Check the weather forecast. It's best not to participate in intense outdoor exercise sessions when the heat index registers in the dangerous zone. If the temperature is above 80° and the humidity is above 80%, it's best to postpone outside activity.

Don'ts:

Don't try to diet by sweating. Excessive perspiration is not the key to permanent weight loss. Any decrease in the scale is simply a result of water loss, not fat reduction.

Don't adapt the "no pain, no gain" motto. Pay attention to your body's signals. Heat-related illnesses come with early warning signs: heat cramps, excessive sweating, cold/clammy skin, paleness, dizziness, nausea, and headaches, etc. Learn to recognize them and what actions to take.

Don't forget to drink plenty of liquid when swimming. Just because your body is surrounded by water does not mean that you are well-hydrated. You need to regularly replenish lost fluids.

Avoid physical activity during the hottest part of the day, (usually 10 am -3 pm) Early morning or later in the evening is best.

Avoid extreme changes in temperature. Don't jump from being extremely hot and perspiring excessively right into an ice cold, air-conditioned environment. Cool your body down gradually.