

Safety Corner

Summer Water Safety & Smarts

When the weather turns warm, everyone wants to be in or around the water. Hanging out at the pool or the lake on a hot day is a great way to beat the heat. Between having fun and staying cool, most people don't think much about water safety — but they should. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death. Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines.

Safety Tips

Know Before You Go!

- Never leave a child alone near water: on the beach, at a pool, or in the bathtub. If you must leave, take your child with you.
- Enroll children over age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof."
- Always follow posted safety precautions when visiting water parks.
- If you're visiting a public pool, keep an eye on your kids. Lifeguards aren't babysitters.
- Don't underestimate the power of water. Even rivers and lakes can have undertows.
- Always have a first-aid kit and emergency phone contacts handy. Parents should be trained in CPR (cardiopulmonary resuscitation).
- **Know the four (4) key to SWIMMING SAFETY:**
 1. Always swim with a buddy.
 2. Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.
 3. Don't push or jump on others.
 4. Be prepared for an emergency.
- **Know the BOATING AWARENESS:**
 1. Consider the size of your boat, the number of passengers and the amount of extra equipment that will be on-board. **DON'T OVERLOAD THE BOAT!**
 2. Never consume alcohol when operating a boat. *(Just one beer will impair your balance, vision, judgment and reaction time.)*
 3. Always use approved personal flotation devices (life jackets).
- **Know & Understand COLD WATER SURVIVAL:**
 1. Don't discard clothing. Clothing layers provide some warmth that may actually assist you in fighting hypothermia. This includes shoes and hats.
 2. Wear your life jacket! This helps hold heat into the core areas of your body, and enables you to easily put yourself into the **HELP** position. **HELP** (Heat Escape Lessening Posture) by drawing limbs into your body.

Recreational Water Illnesses (RWI)

RWIs are illnesses that are spread by swallowing, breathing, or having contact with germs that live naturally in the environment, such as, contaminated water from swimming pools, hot tubs, decorative water fountains, oceans, lakes, and rivers, and can cause a wide variety of symptoms, including gastrointestinal, skin, ear, respiratory, eye, neurologic and wound infections. The most commonly reported RWI is diarrhea.

Safety Committee Members

- Vic White, Chairman
- Robin Benson, Vice Chair
- Brenda Rebo, Record Keeper
- Ken Boyd, Training Officer
- Roby Bowe
- Kelley Brown
- Amy Smart
- Sami Pierson
- Dennis Day
- Karmen McKinney
- Lisa Oedewaldt
- Terry Steiger

Monthly Departmental Safety Meetings

Please remember, monthly departmental safety meetings must be documented and attendance rosters turned into Brenda Rebo. Attendance rosters should be turned in at the conclusion of each monthly safety meeting. The county will continue to conduct quarterly dinner gift certificate drawings for employees of departments who have 100% attendance at their monthly safety meetings. Employees attending all 12 departmental safety meetings shall be eligible for a safety incentive award at the end of the year.

Lincoln County Safety Committee Mission Statement

To develop, put into practice, and maintain the Lincoln County Injury and Illness Prevention Program which promotes safety awareness and safe work practices for all county departments and employees and that is in compliance with all federal, state, and county requirements in order to reduce and prevent accidents, injuries, and illnesses of employees.

Safety
IS JOB ONE