

SUMMER SAFETY | JUNE SAFETY SEGMENT



After a cold winter the thought of the upcoming warm weather of summer brings joy to many. When the first warm days come you may just want to soak up as much as you can. However, it is important that we know when we have had too much. As much as we love the sun and the heat but heat related illnesses are real and can have some serious impacts on individuals health.

HEAT ILLNESSES

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Have the group watch this short video on [Heat Illnesses](#). After watching the video use the guiding questions below to facilitate a group discussion.

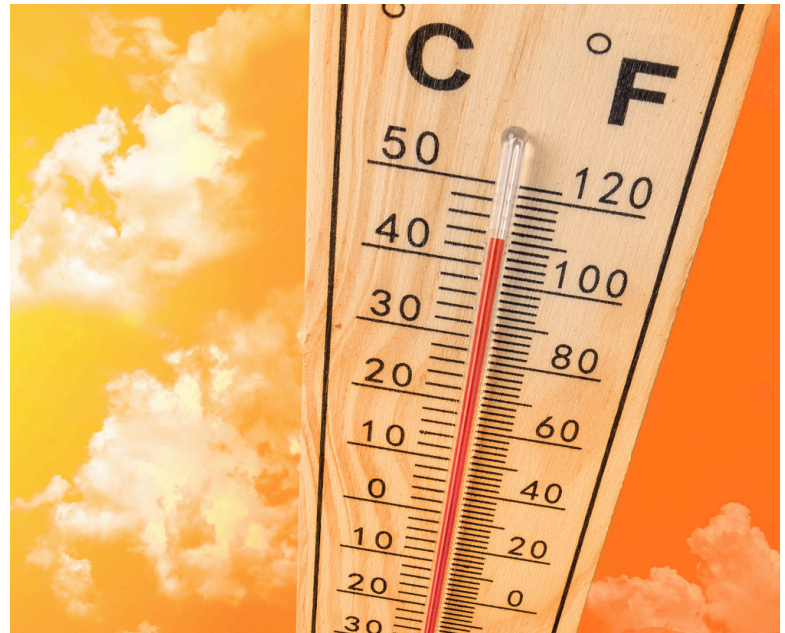
SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are the signs heat exhaustion?
- What are the signs heat stroke?
- What are the strategies you can use to reduce your risk of heat related illnesses?

Additional Resources:

- [Staying Safe in the Heat Infographic](#)
- [Stay Sun Safe Poster](#)



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