

# Memorial Day Safety Tips

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- Wear your seatbelt at all times.
- Prepare your car for a road trip- check tire pressure, fill-up with fuel, and pack emergency kits.
- Plan your trip ahead of time and know the route you're going to take.
- Give your full attention to the road- don't text and drive.
- Use caution in construction zones.
- Don't drink and drive.



- Wear the appropriate clothing for being outdoors.
- Drink water to reduce the chance of dehydration.
- Should severe weather arise, seek shelter that offers the most protection from high winds, falling objects, and away from glass windows.
- Monitor radio and TV stations located in your immediate area for any updates in weather conditions.



- Wash hands to avoid cross-contamination.
- Cook foods thoroughly.
- Keep food covered while outside to prevent bugs from depositing germs.



- Don't swim alone.
- Supervise children at all times in or near water.
- Wear a life preserver while out boating.



- Before cooking, clean grease off of grill, inspect propane fuel lines, and position it away from structures, trees, and high-traffic walkways.
- Never leave a lit or hot grill unattended.
- Be sure to put fires out completely before leaving it unattended.
- Always keep a fire extinguisher nearby.



- Use sun screen with an appropriate SPF level.
- Reapply sun screen throughout the day.
- Wear sunglasses and a hat.
- Apply bug repellent to prevent mosquito bites.

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American Red Cross. (20 May 25015). [Follow Red Cross Steps for a Safe Memorial Day Trip](#). Retrieved May 24, 2016.

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Office of Consumer Affairs & Business Regulation. (n.d.). [Tips for a Safe & Enjoyable Memorial Day Weekend](#). Retrieved May 24, 2016.

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