

Ways to Survive the CDoS

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BBQ season is in full swing and we're ready to show off our world famous ribs and wings, but there are some inherent risks everyone should consider during the **Critical Days of Summer**.

1. For starters, never leave the grill unattended. Maintain a watchful eye on the fire and ensure flames, or flammable items such as wood, coal, lighter fluid or grease stay confined in the grill. Keep pets and children away from the grilling area, hot surfaces, ignitors and combustibles.
2. Remember, charcoal and propane BBQ grills should only be used outdoors well away from the home, deck railings, and out from under eaves, overhanging branches and other structures.
3. Standing over a hot grill during the hot summer is bound to onset serious thirst. It's all too easy to reach for our favorite ice cold beverage in the company of friends and family ... ensure you make good choices.
4. Don't neglect your water consumption. Sugary soft drinks and alcoholic beverages dehydrate the body; couple that with high heat and humidity—dehydration can rapidly occur.



5. Signs of dehydration are: increased thirst, dry mouth, weakness, dizziness, confusion, fainting and the inability to sweat. If any of these signs become evident, do not hesitate to seek medical attention.
6. Whether it's making the decision to drive, or a fun summer social, the need to drink responsibly is paramount no matter the event.
7. Summer is the season designated for fun, outdoor activities, and events. This is why water sports and activities are so popular; however, there are inherent risks involved ... use sound Check 3 GPS!!
8. Though largely used for leisure, boats are motor vehicles and should not be operated under the influence of alcohol or in a reckless manner.
9. While outdoors, summer is a great time to get fit, but we can't lose focus on the need to continuously hydrate. As we workout, our internal temperature can rise in what already may be very hot conditions that might lead to rapid dehydration.
10. Lastly, leaving children or pets in unattended vehicles during the harsh summer heat can quickly become fatal, as temperatures in the vehicle can quickly surpass the external temperature—even with the windows cracked.