101 CRITICAL DAYS OF SUMMER

Think Before You Drink

Motorcycles

Stay Safe – Never Drink & Ride!

- All motorists are reminded to safely "share the road" with motorcycles.
- Always wear a properly fitted helmet, gloves and boots. Wear brightly colored clothing so drivers see you but always assume that they cannot see you. Stay out of their blind spots.
- **In 2014, there were 358,922 licensed motorcycle drivers in TN with 121 motorcycles involved in crashes There were 6,634 Alcohol related crashes in 2014.**
- Alcohol affects those skills essential to riding a motorcycle—balance & coordination.

(NHTSA)

FOLLOW THESE LOW-RISK GUIDELINES:

One Standard Drink = 1.5 oz. of 80-proof spirits; 5 oz. of wine with 7-12% alcohol content or 12 oz. beer with 4-6% alcohol content.

0 if you are underage, pregnant, at risk for alcoholism or operating a motor vehicle
1 is the maximum number of standard drinks in one hour
2 is the maximum number of standard drinks in one day for daily drinkers
3 is the maximum number of standard drinks in one day for occasional drinkers

BBQs

Be a Safe Grill Master!

- BBQ's can become extremely dangerous when mixed with carelessness & alcohol.
- Keep BBQ in a well-ventilated, combustion-free area. Have a fire extinguisher and/or water supply nearby.
- Comply with local fire bans and keep your grill clean and maintained.
- Avoid fires by ensuring the grill is not close to any nearby buildings.
- Always have a responsible adult in charge. Alcohol clouds judgement—be a safe grill master.

(Fire & Rescue NSW Government)

Fireworks

Always Follow Local Laws!

- Never point fireworks at another person.
- Keep a bucket of water or a hose close by if using fireworks.
- Sparklers burn at a temperature of about 2000° F.
- In 2013, there were 8 deaths and 11,400 sustained injuries related to fireworks. Of the estimated 11,400 injuries, 20% were alcohol related.

(Consumer Product Safety Commission)

For more information, call Tommie Donohue (ADCO) 615-313-0687 or Terri Shaw (PC-E) - 865-712-9951 Marvis Adams (PC-W) 731-421-8625

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Sun Safety

BE SUN SAVVY!

The most common cancer in the United States is skin cancer. However, it can be prevented if you follow some simple guidelines!

Apply sunscreen (SPF 30 or higher) 20 minutes before sun/outdoor exposure and reapply every 2-3 hours. Wear protective headgear, clothing and sunglasses with UV absorption up to 400nm. Seek shade to cool off. Alcohol consumption increases the likelihood of sunburn.

(NDSU Extension)

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Hydration

STAY HYDRATED!

Hot weather and physical activity require increased fluid intake to replace lost body water. Be sure to stay hydrated and replenish your electrolytes.

Before exercise drink 2 cups cold water 1-2 hrs. before your activity. Cold fluids at 40-50 degrees work best. During exercise drink 1/2 cup cold water every 15 minutes. After exercise drink 2 cups cold water for every pound of weight lost.

Carbonated beverages, high-sugar drinks, caffeinated beverages, energy drinks and alcoholic beverages will dehydrate the body. Energy drinks and alcohol will dehydrate the body even more!

(Nebraska Extension)

Boating

NEVER DRINK AND BOAT!

Have personal floatation devices available for everyone in the boat.

Drinking/drugs and boating don't mix. The boat's motion, vibration & engine noise as well as sun, wind & spray make the effects of alcohol & drugs more intense in a boat.

Alcohol is the leading contributing factor in fatal boating accidents. BUI penalties are very similar to DUI penalties.

(NDDOT)

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