



GRAND ROUNDS

As we head into the heart of summer, we asked RVH staff to share their favourite safety tips for the season.

Responses were swift and numerous. Submissions came from a variety of departments, including pharmacy, clinical records, human resources, nursing and respiratory therapy.

Here then, as part of our caring commitment to you, are Renfrew Victoria Hospital's offerings of sage summer advice:

The Sun

- Plan your outdoor activities for early morning or late afternoon
- If you are out in midday sun, wear long pants, long sleeves and a broad-brimmed hat

- Tuck a handkerchief under the back of your hat to help prevent sunburn on the neck
- Wear sunglasses that provide UVA and UVB protection
- Use a sunscreen that has an SPF (sun protection factor) of 15 or more
- Don't forget to use sunscreen on your lips, ears and nose
- Re-apply sunscreen every two hours and after sweating or swimming
- If using both sunscreen and insect repellent, apply the sunscreen first

The Air

- Pay attention to the air quality index, which measures the level of six major air pollutants

- On hot, smoggy days people with breathing problems should stay inside, preferably in an air-conditioned room
- If you don't have air conditioning at home, go to the library, shopping mall or grocery store

The Water

- Make sure children are well-supervised near water
- Swim with a buddy, never alone
- Wear your lifejacket

The Outdoors

- Learn about poisonous plants and avoid them (You can begin with the poison ivy jingle: "Leaves of three, let it be")
- Ensure that children and pets are a safe distance from the camp fire
- Keep a pail of water or sand ready to extinguish a fire, and remember that the embers can remain dangerously hot for hours
- Food attracts animals and insects; when camping, store it in a cooler in the car or away from the tent

The Food

- Use a meat thermometer and cook your food to the required temperature

- Wash your produce thoroughly
- Refrigerate promptly

Travel

- Always buckle up
- Don't drink and drive
- Pack a first-aid kit that includes treatments for food and insect allergies

General

- Drink plenty of fluids such as water or sports drinks
- Avoid drinking liquids that contain caffeine, alcohol or sugar—these cause a loss of body fluids
- Wear loose-fitting, light-weight, light-coloured clothing



COMING EVENTS:

August 23 – Local bands are banking on a summer reunion theme to raise funds for the RVH CT Fund. Featured performers will include Southpaw; Steve Agnew & Friends and Rural Route. Tickets are available now at the RVH Foundation office.