

The Teamsters Local 922- Employers Health Trust
Physical Address: 7130 Columbia Gateway Dr, Suite A
Columbia, MD 21046
Mailing address: P.O. Box 99758; Troy, MI 48099

Helpful Hints & Reminders

Summer Safety

Summer... The days are longer and the nights are shorter. School is out. Swimming pools and beaches are packed with people. Shorts, flip flops, and sunglasses are everywhere. Taking care of your skin and eyes is very important during the summer months. Spending more time outdoors increases the need to be more mindful of the damage the sun can cause. Most people remember to wear sunscreen when going to the swimming pool or heading to the beach, but protection from UV rays is important on cloudy and cool days too. UV rays tend to be strongest from 10 a.m. to 4 p.m., and they reflect off of surfaces like water, cement, and sand.¹



Shady spots, hats, sunglasses, and sunscreen all help protect your skin from the sun. Hats

should shade your face, ears, and the back of your neck, for the best protection. Sunglasses that block both UVA and UVB rays offer the best protection, and Polarized lenses can help reduce glare and provide increased clarity. You should use a broad spectrum sunscreen with SPF of 15 or higher and reapply often.



Top 7 Summer Health Hazards²

- *Lawnmower Injuries:* Wear closed-toed shoes, long pants, gloves, and eye protection.
- *Boating Accidents:* Drinking and driving doesn't mix on the water either.
- *Dehydration:* Drink plenty of water and limit alcohol.

- *Sunburns:* Soak the burn in cool water; treat itching with an OTC antihistamine cream or spray; apply an antibiotic ointment or aloe cream
- *Food Poisoning:* Wash your hands and surfaces while prepping food; keep raw meat away from other food items; cook all meats thoroughly; keep mayonnaise-based salads refrigerated as long as possible.
- *Fireworks:* Keep a hose or fire extinguisher handy and keep children away
- *Bug Bites & Stings:* Avoid heavy perfumes and scents; take acetaminophen for the pain and an antihistamine for the hives and swelling. SEEK MEDICAL ATTENTION if you experience tightness in the chest or trouble breathing; swelling of the tongue or face; dizziness or lightheadedness.

¹https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

²<https://www.webmd.com/skin-problems-and-treatments/features/top-7-summer-health-hazards>



Keep up with your Eye appointments. Regular exams can help identify issues before they get worse. Your Vision Provider, Davis Vision, has both a member portal and a mobile app.

Visit www.Davisvision.com to register or download the app.



For Information on How to Obtain Benefits, Contact:

BENESYS, INC.
(410) 872-9500

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Cherry Limeade Sweet Tea

TOTAL TIME: Prep: 10 min. Cook: 10 min. + cooling

YIELD: 14 servings (about 2-1/2 quarts)

Ingredients:

8 cups water

6 tea bags

1/4 cup sugar

1 can (12 ounces) frozen limeade concentrate, thawed

1 cup chilled cherry juice blend

Ice cubes

Lime wedges and pitted dark sweet cherries

Directions:

1. In a Dutch oven, bring water to a boil; remove from heat. Add tea bags; steep, covered, 10 minutes. Discard tea bags. Stir in sugar until dissolved; cool slightly. Transfer to a pitcher; cool completely.
2. Add limeade concentrate and cherry juice to tea. Serve over ice with lime wedges and cherries.