



PYRROS & SERRES LLP

ATTORNEYS AT LAW



Are You Practicing These Summer Safety Tips At Your Job?

Summer days are perfect for spending time outdoors, but for workers who need to be outside all day in the hot sun, the summer also presents new hazards. Construction workers, landscapers, and other workers who perform job tasks outdoors need to take a few safety precautions before heading outside.

These tips will help you stay safe when performing outdoor job tasks.

Summer Safety Tips:

Drink Plenty of Water -

Staying hydrated is important on hot days. Make sure that you bring plenty of cool water with you if you know that you will be working outdoors.

Wear Sunscreen -

Make sure that you reapply sunscreen throughout the day. This will help prevent sunburn and keep your skin healthy.

Wear Protective Clothing -

Wear protective clothing like hats and sunglasses when working outdoors. You want to make sure that you can see clearly and that you are dressed for the job. The right clothing could help protect you

against heat stroke and other sun-related injuries.

Avoid Caffeine -

Although it can be hard to get by without your afternoon cup of coffee, caffeine will cause your body to lose water.

Find Shade -

Limit direct sun exposure when possible throughout the day. Take short, frequent breaks in shaded areas.

If you are injured on-the-job this summer, you may be entitled to workers' compensation benefits for your time spent out of work, lost wages, and medical bills. Contact our office -- our attorneys are here to walk you through the process and keep you informed every step of the way. Call 718-626-7730 for legal assistance or visit our website to learn more.

Sincerely,
The Attorneys and Staff at Pyrros & Serres, LLP
