

Maximize Your Fun While Minimizing Your Risks This Summer

Hopefully you and your family are diving right in to another balmy Florida summer filled with barbecues, longer evenings, and sunny days at the beach. As Florida residents not only do we revel in our many opportunities for outdoor fun, we also tend to take these opportunities for granted. Don't forget to make the most of your summer and truly enjoy yourself.

Similarly, as Floridians we assume we are safety savvy experts when it comes to the pitfalls of our subtropical state. This summer is a great time for a refresher on some safety basics:

Hurricane season looms from June 1st to November 30th.

Having some key items stored at home is a great way to prepare. Your hurricane supplies should include: at least 3 day supply of non-perishable food and water, battery-powered radio, flashlight, extra batteries, first-aid kit, and prescription and non-prescription medications.

Staying cool – it may seem like common sense, yet in 2001 alone 300 deaths were caused simply from extreme heat. Some groups including the elderly and the very young are particularly vulnerable, but anyone can be affected. Limit you and your loved ones time spent outdoors and take advantage of air conditioning. Stay hydrated. At least 16 oz of water per hour is recommended if you are active while in the heat. Replace salt and minerals, a great excuse for a yummy snack! Be prepared for outdoor fun by dressing in lightweight, loose fitting, light colored clothing and applying sunscreen with an SPF of 15 or higher 30 minutes before going outdoors. Finally, do not leave infants, children, or pets in a parked car. Even with cracked windows temperatures can rise up to twenty degrees in ten minutes.

Water Safety – the American Red Cross recommends three keys to water safety: training, supervision, and supplies. Select swimming areas monitored by lifeguards. Ensure all family members learn to swim well and learn CPR. Closely supervise children near water and install and use barriers around pools, hot tubs, and lakes. Additionally, wear life jackets while boating.

Now that you've brushed up on your summer safety, reward yourself by enjoying your summer!

A Note From the Editor

I have had the opportunity to meet a lot of wonderful people so far this year, and make a lot of true friends. I hope you all enjoy your summer and keep cool and safe!

-Jennifer Magnusson

You never know how strong you are until being strong is the only choice you have.

NorthStar Legal Inc. is excited to present to you our monthly newsletter, POLARIS!

Since early times, navigators have used Polaris, also called the North Star, to guide them towards their destinations. At NorthStar Legal, our goal is to assist you in navigating your hiring process.

ATTENTION LAW FIRMS:

Summer is here and so are vacations! Make sure you have the help your firm needs by taking advantage of our temping services. In addition to Permanent Placements, we also offer great temporary employees for that much needed time off you and your employees look forward to each year.

4th OF JULY QUOTES :

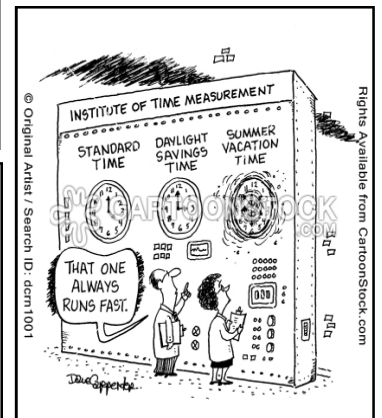
KNOWING OTHERS IS INTELLIGENCE. KNOWING YOURSELF IS TRUE WISDOM.

TO LEAD PEOPLE, WALK BEHIND THEM.

-Lao Tzu

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