Deer Hunting Health and Safety Tips

Stay safe and healthy this hunting season with tips from the Michigan Department of Natural Resources, U.S. Fish & Wildlife Service and Beaumont Health System:

Safety

- Treat every firearm as if it is loaded.
- Always point the muzzle in a safe direction.
- Be certain of your target, and what’s beyond it.
- Keep your finger outside the trigger guard and off the trigger until ready to shoot.
- All firearm hunters must wear an outer garment of hunter orange visible from all sides. All hunters, including archers, must comply during gun season.
- Michigan requires 50 percent of a camouflage hunter orange garment be open hunter orange.
- Control your emotions when hunting or shooting.
- Always let someone know where you are hunting and when you plan on returning.
- Carry a cellphone in the woods. Set the ringer to vibrate.
- Always use a full-body harness while using a tree stand.
- Always raise and lower your weapon and other equipment into a stand using a haul line.

Health

- Hunters with known heart disease and those at risk (family history, high blood pressure, high cholesterol) should have physician approval to hunt.
- With physician approval, hunters should begin walking 30 minutes a day eight to 12 weeks prior to the hunt. Increase your fitness level by walking or aerobic exercise.
- Refrain from consuming alcohol and smoking the day before or during hunting.
- Refrain from eating a heavy meal before hunting.
- Hunters with heart disease should not drag a deer out of the woods.
- Hunters need to seek immediate medical attention if they experience dizziness, chest pain or heart palpitations.