



S a f e t y - P l u s



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SAFETY IS OUR ONLY BUSINESS

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Protecting Workers from Heat Stress

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. There are precautions employers should take any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- * High temperature and humidity, direct sun exposure, no breeze or wind
- * Low liquid intake; previous heat illness
- * Heavy physical labor
- * Waterproof clothing
- * No recent exposure to hot workplaces

Symptoms of Heat Exhaustion

- * Headache, dizziness, or fainting
- * Weakness and wet skin
- * Irritability or confusion
- * Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- * May be confused, unable to think clearly, pass out, collapse, or have seizures
- * May stop sweating

To Prevent Heat Illness, Employers should

- * Provide training about the hazards leading to heat stress and how to prevent them.
- * Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.
- * Schedule frequent rest periods with water breaks in shaded or air conditioned areas.
- * Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- * Consider protective clothing that provides cooling.

How You Can Protect Yourself and Others

- * Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- * Block out direct sun and other heat sources.
- * Drink plenty of fluids. Drink often and before you are thirsty.
- * Avoid beverages containing alcohol or caffeine
- * Wear lightweight, light colored, loose-fitting clothes.
- * Be aware that poor physical condition, some health problems, pregnancy, colds or flu, and some medications can increase your personal risk.

What to Do When a Worker is Ill from the Heat

- * Call for help and 911 if needed
- * Have someone stay with the worker until help arrives.
- * Move the worker to a cooler/shaded area.
- * Remove outer clothing.
- * Provide cool drinking water, if able to drink.
- * IF THE WORKER IS NOT ALERT or seems disoriented this may be a heat stroke. CALL 911



Chill Out™ Evaporative Cooling Products

Evaporative towels and hard hat inserts give instant heat relief. Simply soak in water briefly, wring out and apply to skin. Comfortable, soft fabric is refreshing and energizing. Machine washable over and over. UV and abrasion resistant.



Hard hat insert form fits to head underneath hard hat suspension. Hook-and-loop tab secures insert to suspension.

Give us a call today for information and pricing on the Chill Out towels, Neckbands, and Hard Hat Cooling Inserts to keep your crews cool in the extreme heat this summer!



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Squincher's electrolyte replacement formula was designed for the high heat stress environments of industry. Squincher is absorbed into the body significantly faster than water alone, allowing the body to replenish the electrolytes and minerals needed for rehydration. Plus, Squincher contains nearly twice the Potassium and half the Sodium compared to other sports drinks used in industry, and it tastes better. Since 1975, Squincher has been dedicated to providing industry with an economical, effective method to reduce the rate of heat stress induced injuries and improve performance and productivity.

To find out more about the wide variety of package sizes and dispensing options available - and which one will best suit your particular needs, contact us today at 505-884-2274. Ask about our case pricing to keep your crews hydrated through this summer drought!





COREN'S CORNER FOR SAFETY The first 6 months of 2011 have been difficult for the construction industry as far as worker injuries and fatalities. I often think about a young man who I had worked with for a few years. He recently passed away in a construction accident. Over the years many accidents have occurred that could have been prevented. Complacency and time seem to create situations that compromise the safety of individuals. I came across this article that could be very useful in any work environment. Please take a few minutes to read the article and consider if it will be helpful to you. **Please always remember to TAKE TIME FOR SAFETY!!!**

How to Make Time for Safety at Work

By Devra Gartenstein, eHow Contributor

Making time for safety at work is a matter of recognizing that it actually takes less time to take simple measures necessary to ensure workplace safety than to overlook potential hazards and deal with an employee injury. This is both an economic and an ethical issue: You lose money dealing with employee injuries and your workers have a basic right to safe working conditions. Showing them that you understand this fact will earn you their respect as well as their hard work.

Things You'll Need

1. Start making time for safety at work at the very beginning, when you train new employees. Make training in safety procedures and precautions a necessary step in your new employee orientation program. Use this time to teach new employees about scheduled safety measures, the location of safety supplies and equipment and protocols for handling unsafe situations as they occur.
2. Consider safety when planning your workplace schedule. Allocate time slots for safety procedures. Make sure that your schedule allows adequate rest and respite for employees performing strenuous or hot jobs.
3. Communicate to your employees that remedying unsafe conditions is a company priority and it should come before any regularly scheduled task.
4. Specify a time in your day when you will be available to hear any worker concerns about safety issues. Dedicate time at employee meetings to update your staff about safety matters and listen to their feedback.

Read more: [How to Make Time for Safety at Work | eHow.com http://www.ehow.com/how_5653203_make-time-safety-work.html#ixzz1QgPI86Ki](http://www.ehow.com/how_5653203_make-time-safety-work.html#ixzz1QgPI86Ki)

The Leukemia and Lymphoma Society's Team In Training is partnering with Runway Apparel and The Barrett House Foundation for our Second "You can make a BIG difference by doing something SMALL" Community Day.

Join us on Saturday July 23, 2011 from 11 AM to 6 PM for Community Day. We will be at Runway Apparel 5901 Wyoming Boulevard NE # D Albuquerque, NM 87109 (next to Loft in the Whole Food's shopping center on Academy & Wyoming). Choose how you would like to make a difference:

You can bring donations for The Barrett House Foundation. View their wish list at: <http://www.barrettfoundation.org/wishlist.htm> and leave them with Lori Medik, owner of Runway Apparel and The Leukemia & Lymphoma's Society's Woman of the Year for 2010.

Shop! 10% of every purchase made at Runway Apparel on Community Day will be donated directly to The Leukemia & Lymphoma Society.

Community Day is be a fantastic way to support our community! You choose the way that means the most to you. Be a hero to people you've never met by making a donation of items you no longer use, signing up to be a bone marrow donor, or simply shop and make a donation to blood cancer patients and their families.

For more information contact:

Aisha Smith at The Leukemia & Lymphoma Society

505.872.0141 www.teamintraining.org.nm

Lori Medik at Runway Apparel

505.797.7087 www.runwayapparel.net

Chuck Wilhelm at The Barrett House

505.246.9244 www.barrettfoundation.org

Interesting Obscure Facts

- * A cat has 32 muscles in each ear.
- * Butterflies taste with their feet.
- * It's impossible to sneeze with your eyes open.
- * There are 293 ways to make change for a dollar.
- * There are more chickens than people in the world.
- * A crocodile cannot stick out its tongue.

A WORD FROM RHONDA: JULY— Picnics, parties and celebrations! Prayers for a safe holiday for all who help protect our great nation as we celebrate Independence Day. Please remember SAFETY is a 24-7 concern. Have a great time in all your celebrations and enjoy all life has to offer! Just a reminder, school is out which means no more school zones, but more bicycles, skateboards & general running about going on with our future keepers of the world. A special Happy Birthday to Nahoma on the 4th! Love you MOM!

