

Weekly Safety Tip

Summer Safety



SUMMER SAFET



After an Ohio winter (with a mostly cool spring), it is time to turn our attention to summer safety.

It's always tempting to run outside and dive into summer fun, but our summer months do present plenty of health and safety hazards, from heatstroke and dehydration to sports injuries...

Here are some Summer Safety Tips on what we need to keep in mind for a safe and fun summertime.

- · Stay hydrated. The conventional recommendation to "drink 8 glasses of water per day" may not necessarily apply to everyone. Each person has their own hydration needs, and the best rule of thumb is simply to drink water whenever you're thirsty. Always keep a reusable water bottle nearby.
- · Limit sun exposure. Even with SPF protection, prolonged direct sunlight can have harmful effects on skin health. Try to keep your sun exposure to the early morning or late afternoon when the sun's rays are less powerful due to the low angle. · Protect your eyes. In addition to dermatological hazards, sun exposure
- carries the risk of eye damage. Sunglasses don't just complete your stylish summer look; they also protect your eyes. Polarized lenses provide an added layer of safety. · Prevent fires. Whether you're grilling in the backyard or lighting a bonfire in the wilderness, always use extreme caution. Turn off the grill and douse
- the charcoal or cut off the gas supply after use. Extinguish campfires thoroughly with water; don't just count on them to die out. · Mow with caution. Check your yard carefully for hazards each time, before mowing. Also, whenever you mow, your risk of injury drops sharply if you wear long pants, long sleeves, closed-toed shoes, safety glasses, and
- · Watch for heat stress. Learn the warning signs: sudden, profuse sweating; feeling faint or dizzy; weak pulse. Get inside immediately and turn on the AC or move to a cool, dark room.

Attribution: Wellable



David A. Varwig, MA Org. Mgt., CSP-retired, CUSA for

Weekly Safety Share Heat Stress

ear protection.





and increased blood flow to the skin.

SAFETY SHARE





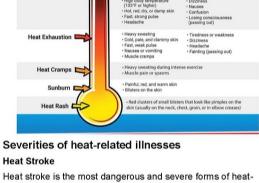
What it is and how can you prevent it. High temperatures can be dangerous and even fatal at work. Exposure to environmental heat leads to several thousand

nonfatal occupational injuries and illnesses each year, as well as over three dozen work-related deaths. What is Heat Stress? The human body relies on its ability to get rid of excess heat to

maintain a healthy internal body temperature through sweating

If heat dissipation does not happen quickly enough, the internal body temperature keeps rising, resulting in heat stress.

SEVERITIES OF HEAT-RELATED ILLNESSES



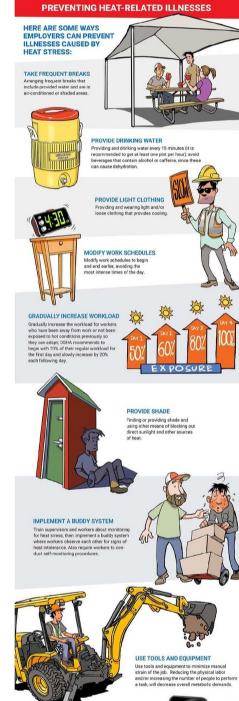
related illness and can be fatal if treatment is delayed. • High body temperature (103°F or higher)

Hot, red, dry, or damp skin Fast, strong pulse

- Headache Dizziness
- Nausea Confusion
- · Losing consciousness (passing out)
- **Heat Exhaustion** Heavy sweating
 - Cold, pale, and clammy skin Fast, weak pulse
 - Nausea or vomiting Muscle cramps
 - Tiredness or weakness Dizziness
 - Headache Fainting (passing out)
 - · Heavy sweating during intense exercise

Heat Cramps

- · Muscle pain or spasms Painful, red, and warm skin
- · Blisters on the skin
- **Heat Rash** · Red clusters of small blisters that look like pimples on the skin (neck, chest, groin, or in elbow creases)
 - David A. Varwig, CSP-retired



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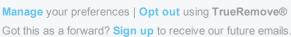
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