

SAFETY NEWS

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Memorial Day Safety Tips

Never leave a grill unattended. Have a fire extinguisher ready. Clean off all excess grease.



Keep hot food heated until served. Keep cold food refrigerated. Cover all dishes to keep insects away.

Wear sunglasses. Use sunscreen with appropriate SPF. REAPPLY sunscreen frequently or after swimming.



Prepare your car for a road trip. Be a cautious driver—look out for others. NEVER, NEVER drive after you have been drinking.



Heat Related Illnesses and First Aid

Several heat-related illnesses can affect us. Some of the symptoms are non-specific. This means that when a person is performing physical labor in a warm environment, any unusual symptoms can be a sign of overheating.

Heat-Related illness and Symptoms and Signs are:

Heat Stroke—Confusion, slurred speech, unconsciousness, seizures, heavy sweating or hot, dry skin, very high body temperature, rapid heart rate.

Heat Exhaustion—Fatigue, Irritability, thirst, nausea or vomiting, dizziness or lightheadedness, heavy sweating, elevated body temperature or fast heart rate.

Heat Cramps—Muscle spasms or pain usually in the legs, arms or trunk.

Heat Syncope—Fainting and dizziness.

Heat Rash—Clusters of red bumps on skin which often appears on neck, upper chest and shin folds.

Rhabdomyolysis (muscle breakdown) - Muscle pain, dark urine or reduced urine output, weakness.

With the weather soon to be hot, it's always a good rule to remain aware while working out in the heat. Always watch out for others. When any of these symptoms are present, promptly provide first aid, time is of the essence. **When in doubt, cool the person and call 911.**

First Aid includes:

- Take the affected person to a cooler area (shade or air conditioning).
- Cool the person immediately by immersing them in cold water or an ice bath if possible. **This is the best method to cool rapidly in an emergency!**
- Remove outer layers of clothing, especially heavy work gear.
- Place ice or cold wet towels on the head, neck, trunk, armpits and groin.
- Use a fan to circulate the air around the person
- Never leave the person with heat-related illness alone. The illness can rapidly become worse.
- When in doubt call 911!

Anyone who isn't out in the heat often are the ones at increased risk of heat-related illness. Be prepared if you plan to be outside in the heat. Get sufficient rest, shade and fluids, or just don't go out if the temperatures are extreme.

Article from the United State Department of Labor Website

May is National Electrical Safety Month

- May 1 – May Day
- May 3 – National Teacher Apperception Day
- May 4 – International Firefighters Day
- May 5 – National Day of Prayer
Cinco de Mayo
- May 6 – National Nurses Day
Military Spouse Appreciation Day
- May 8 – Mother's Day
- May 10 – Board Meeting 9:00 a.m.
- May 16 – BPPD Blood Drive 8:00 – 12:00
- May 18 – Disconnection Day
- May 24 – Safety Meeting-Digger/Derrick Requalification
- May 27 – Don't Fry Friday (skin cancer prevention day)
- May 30 – Memorial Day



HAPPY BIRTHDAY

Tyler H — May 12
Jerry—May 26