


ESS Clean, Inc
Month 2013

Spotlight on Safety

Heat Related Illnesses and Prevention

Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

The chart below lists some of the heat related illness that can occur as well as signs to look for, what to do in case of an emergency, and ways to prevent heat related illnesses before they occur. This chart should only be used as an informational guide.
(edited from, Centers for Disease Control, <http://www.cdc.gov/>)

	Cause	Warning Signs	What to do	Prevention	
Heat Syncope	Temporary loss of blood supply to the brain. Often occurs to people who are not used to the hot weather, or who have been standing for prolonged periods	<ul style="list-style-type: none"> ●Dizziness or fainting after at least two hours of work. ●Cool moist skin ●Weak pulse 	<ul style="list-style-type: none"> ●CALL 911 ●Move to cool area ●Loosen or remove excess clothing ●If person is conscious offer sips of cool water 	<ul style="list-style-type: none"> ●Drink fluids regularly (nonalcoholic, low sugar beverages). ●Wear light weight clothing ●Avoid hot foods and heavy meals—they add heat to your body. 	
Heat Exhaustion	Excessive loss of water and electrolytes as a result of profuse sweating. The body's cooling system starts to break down.	<ul style="list-style-type: none"> ●Heavy sweating ●Paleness ●Muscle cramps ●Tiredness ●Weakness 	<ul style="list-style-type: none"> ●Dizziness ●Headache ●Nausea or vomiting ●Fainting 	<ul style="list-style-type: none"> ●Cool, nonalcoholic beverages ●Rest ●An air-conditioned environment ●Loosen or remove excess clothing ●Seek medical treatment if signs or symptoms worsen or do not improve within 60 minutes. 	<ul style="list-style-type: none"> ●Drink fluids regularly (nonalcoholic, low sugar beverages). ●Wear light weight clothing ●Avoid hot foods and heavy meals—they add heat to your body.
Heat Stroke	The body has used up all its water and salt and stops sweating. The body is unable to regulate its temperature	<ul style="list-style-type: none"> ●An extremely high body temperature (above 103°F) ●Red, hot, and dry skin (no sweating) ●Rapid, strong pulse 	<ul style="list-style-type: none"> ●Throbbing headache ●Dizziness ●Nausea ●Confusion ●Unconsciousness 	<ul style="list-style-type: none"> ●CALL 911 ●Get the victim to a shady area. ●Cool the victim rapidly using whatever methods you can (cool rags, fanning). ●Do not give the victim fluids to drink. 	<ul style="list-style-type: none"> ●Drink fluids regularly (nonalcoholic, low sugar beverages). ●Wear light weight clothing ●Avoid hot foods and heavy meals—they add heat to your body.

* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.

\$115 was donated to the Embarrass River Basin Agency in Greenup, IL for 115 completed safety quizzes in May!



For every completed safety quiz in June, ESS will donate \$1 to the Effingham Relay for Life.

**Each month, 5 winners
get to choose a \$25 gift card to
either a restaurant, gas
station or Wal-Mart,
or choose certain ESS Apparel.**



**MONTHLY
WINNERS**

Rosalyn Rinehart
Ophelia Gibson
Darren Wolf
William Kemp
Robert Brady

JACKPOT PRIZES

We will have 8 Jackpot winners this year!
Winners will get to choose from a list of prizes such as electronics, furniture, etc. worth \$400 - \$600!

CU Branch
1 Winner Each Quarter (includes Champaign, Urbana, and Decatur)
The 1st quarter winner is Tanner McCollam.
The 2nd quarter winner is Steve Varner

Effingham Branch
1 Winner for the 2nd and 4th Quarters (includes Effingham, Mattoon, Assumption, and surrounding area)
The 2nd Quarter Winner is Theresa Haywood

Bloomington Branch
1 Winner for the 2nd and 4th Quarters (Bloomington, Normal, and surrounding area)
The 2nd Quarter winner is Randy Winters



SAFETY QUIZ

HOW TO SUBMIT SAFETY QUIZZES:

OPTION 1

Complete online by following this link:
<http://essclean.com/page/safety-incentive>.

OPTION 2

Bring it into the office or put in our outside drop box.

OPTION 3

Mail it in.

****DEADLINE**
06/30/13**

ESS Clean, Inc.
Attention: Stephanie
P.O. Box 17067
Urbana, IL 61803

Name _____ Employee # _____

- Heat related deaths and illnesses are _____.
- True or False: An extremely high body temperature will not damage the brain or other vital organs. (circle one)
- What are steps that you can take to try and prevent heat related illnesses?
 - Drink plenty of fluids
 - Avoid hot foods and heavy meals
 - Wear light weight clothing
 - All of the above
- When the humidity is _____, sweat will not evaporate as quickly, _____ the body from releasing heat quickly.
- True or False: When a person is suffering from heat stroke you should give them fluids to drink. (circle one)
- Which one is not a sign of heat stroke?
 - Extremely high body temperature
 - Cool, moist skin
 - Rapid, strong pulse
 - Red, hot, and dry skin