



Captain Safety

BECOME A SAFETY SUPERHERO!





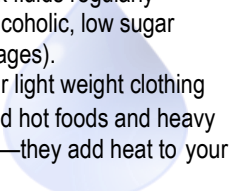




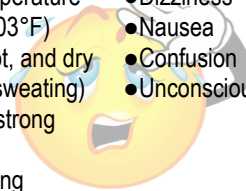

Stanley Steel

JUNE 2014

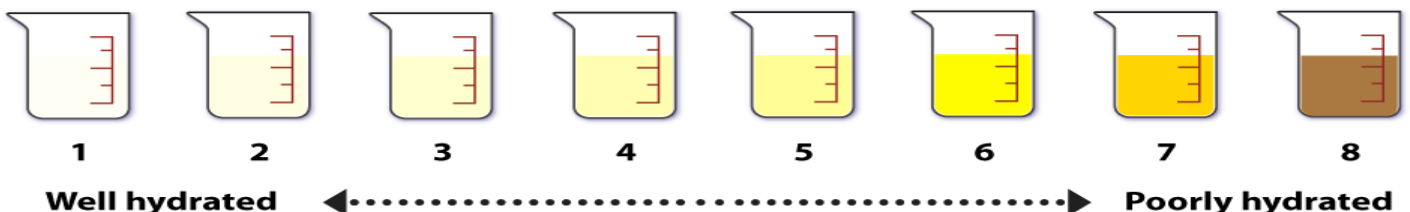
Heat Related Illnesses

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/>)

	CAUSES	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"> ● Heavy sweating ● Paleness ● Muscle cramps ● Tiredness ● Weakness ● Dizziness ● Headache 	<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"> ● Dizziness or fainting after at least two hours of work. ● Cool moist skin ● Weak pulse 	<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 ● 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. 

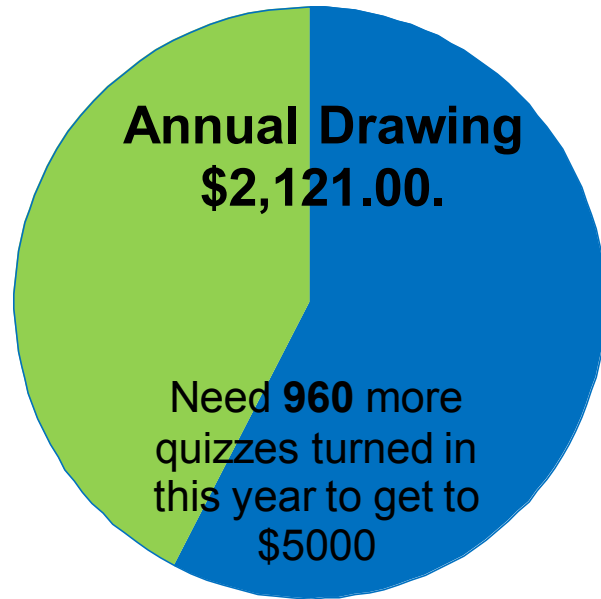
One of the first things you should do is take a look at your urine color. The color of your urine can be an early indicator of dehydration. If your urine is a dark yellow color it may be a sign that you are dehydrated. How much water have you drunk today? In general, you should be drinking eight glasses of water a day. If you're physically active, and sweating, you'll want to drink additional water. If you do not drink enough water, then your urine becomes over-concentrated with waste, which is why it is a darker yellow urine color. This chart should only be used as an informational guide.



How close are we to **\$5,000?**

Monthly Hero Awards

Elaine Higgs
Roselyn Rinehart
Randy Winters
Efrain Gaspar
Marlo Woolcott



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.

ESS Clean, Inc.

Attention: Stephanie

P.O. Box 17067

Urbana, IL 61803

****DEADLINE****

06/30/14

Name _____ Employee # _____

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