

News & Notes

FIRST AID FOR HEAT STRESS

Just as important as knowing the symptoms of heat stress is knowing what to do if it occurs. For mild heat stress, get out of the sun, rest, and drink plenty of fluids. A cooling shower or plunge in a nearby pool will help cool you off, too.

Heat exhaustion and heatstroke are much more serious. Heatstroke (also known as *sunstroke*) is life threatening. It can cause failure of the body's cooling system, leading to loss of consciousness, damage to the brain and vital organs, and even death. Quick first aid is vital.

For heat exhaustion:

- Get the victim to shade or a cooler area.
- Lie the victim down.
- Loosen clothing.
- Apply cool compresses.
- Drink fluids.

For heatstroke:

- Call for medical assistance.
- Move the victim to a cool spot.
- Loosen clothing.
- Cool down the body quickly with water and compresses or by soaking the victim's clothing with cool water.
- Do not give an unconscious person anything to drink.

WATCH OUT FOR SUNBURN, TOO

Summer sun can also mean sunburns. Rinse or soak sunburned skin with cool water. Apply mild, nonmedicated cream if there are no blisters. If the skin is blistered, see a doctor. To avoid sunburn, apply sun block 30 minutes before going outside — even on cloudy days.



Riddles of the Month

- 1) What do you call a fish that only cares about itself?
- 2) Why did the student take a ladder to school?
- 3) A man rode into town on Tuesday. Two days later, he rode home on Tuesday. How is that possible?
- 4) Which letter is always asking questions?
- 5) What can't be used until it is broken?

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Safety Matters



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Hot, Hot, Hot!

Time to put the chill on heat stress

Complete the following heat stress quiz. Heat stress can:

- (a) cause health problems ranging from mild to severe
- (b) occur indoors or outdoors, while at work or play
- (c) usually be avoided
- (d) pose a threat to some people more than others
- (e) all of the above

If you answered all of the above, you are on the right track to understanding a problem that deserves attention during the summer months. Working in hot conditions is an unavoidable part of some jobs. Then there are all those after-work summer activities to consider. The dangers of heat stress can be minimized with preparation and common sense. Here are some answers to common questions about heat stress.

Am I at high risk?

If you are older, ill, or out of shape, the answer may be yes. People who drink alcohol or are not used to working or playing in hot conditions tend to be more vulnerable, as are those who have high blood pressure or heart or circulatory problems.

What are the symptoms?

This chart gives an overview of the most common heat stress disorders and symptoms:

Mild Heat Stress

- Thirst
- Tiredness
- Dizziness
- Cramps or spasms
- Heat rash

Heat Exhaustion

- Dizziness
- Fatigue
- Nausea
- Headache
- Excessive sweating
- Cold, pale, clammy skin

Heatstroke

- High body temperature
- Hot, red, dry skin
- Rapid pulse
- Confusion
- Unconsciousness

What can be done to prevent heat stress?

Here is a checklist of proven ways to safely beat the heat:

- ☞ Wear lightweight, light-colored, loose clothing and a wide-brimmed hat if you are going to be outside.
- ☞ Drink plenty of water or juices to replenish fluid loss. Do not wait until you are sweating or thirsty to drink. Stay away from alcohol and caffeine.
- ☞ Adjust to the heat by gradually building up outdoor and strenuous activity.
- ☞ Take frequent breaks on hot days, and get out of the sun.

SAFETY TIPS OF THE MONTH

Keep these safety tips in mind when traveling:

- Pack essential items. Water, first aid kit, an emergency contact card with names and phone numbers, and important documents or information you may need.
- Let family and friends know your itinerary. Make sure they know where you will be staying and how to reach you.
- Make a plan. Find out what the disaster safety procedures are where you are staying. Identify how you would get out of the building in case you need to evacuate. Also, locate safe places inside should you need to take cover during a disaster, such as an earthquake or tornado.
- Know the area before you travel. Learn about the area you are visiting. Find out what disasters may occur in the place where you are traveling.
- Pay attention to the local forecast. Travel and weather web sites can help you avoid storm seasons, severe heat and other regional challenges that could impact your safety.

Safety Bits & Pieces

STRUCK-BY ACCIDENTS

Struck-by accidents include when you get hit by something—often something that is not directly related to the task you are doing at the moment, and they are all too common in the workplace. For example:

- You could be walking under a shelf and a poorly stored box could fall on your head.
- You could be passing by someone working on a ladder who drops a tool on your head.
- You could be hit by a door opened by someone on the other side who failed to look or could not see you.
- You could pass by a machine and be hit by a piece of material flying out of the point of operation.
- You could even be hit by a tool or other object that one of your co-workers was tossing to another in violation of the safety rules.

Engineering controls like adequate machine guarding and windows in doors can help prevent some of these accidents. So can good, sturdy shelving for stacked or stored items. However, you have to do your part in preventing struck-by accidents. Remember to:

- Keep alert as you move around the work area during the workday. Look for potential trouble spots and avoid them.
- Correct or report accidents waiting to happen such as an unstable stack of cartons.
- Wear a hard hat to protect your head, safety glasses to protect your eyes, and safety shoes to protect your feet especially in an area where there are struck-by risks.

RIDDLES OF THE MONTH ANSWERS

- 1) Selfish
- 2) Because the student was going to high school
- 3) His horse's name was "Tuesday"
- 4) "Y" ("Why?")
- 5) An egg

ON THE LIGHTER SIDE...



"Now that I'm old enough to watch these TV shows without parental supervision, they don't interest me."



Summer Exercise Tips

Follow commonsense rules and be safe

It is great to get outdoors and enjoy the summer weather, and it is an especially good time to get some exercise. However, to get the most out of exercise in the warm weather without putting yourself at risk of heat stress, be sure to follow these safety-conscious guidelines:

- Check with your doctor before starting an exercise program if you are out of shape or over 35.
- When you begin a new exercise program, take it slow. Build your strength and stamina gradually.
- Do several minutes of stretches before you start any kind of exercise routine.
- Wear shoes that fit correctly and are designed for the activity.
- Wear clothing appropriate for the sport and the temperature.
- Drink a lot of water to replace what you lose. A good rule of thumb is to drink two glasses of water about 20 to 30 minutes before exercise and another two after.
- Wear a hat in the sun.
- Avoid exercise for an hour after drinking alcohol or eating—two hours after a big meal.
- Ease into your exercise routine in hot weather—no jackrabbit starts. Give muscles, lungs, and your whole body a chance to loosen up and warm up. In addition, give your body a chance to adjust to the heat.
- Stop exercising right away if you have pains, shortness of breath, or if you feel lightheaded or dizzy.
- Finish exercising with a cool-down period of stretching exercises.
- Never force a workout!



From the State of Delaware's Office of Highway Safety... Take the Keys

Did you know that nearly half of all the fatal crashes in 2014 involved an impaired driver? And what if every one of those crashes were prevented because someone took the keys? In Delaware, that would mean that 51 lives might have been saved and hundreds more might have avoided serious injury.

What do you do when the person you are with is not safe to drive? The Ad Council's Innocent Victim's public service campaign, in partnership with the National Highway Traffic Safety Administration (NHTSA), created some tips to help you get the keys:

- ✦ If it is a close friend, try a soft approach at first. Suggest they've had too much to drink and it would be safer for someone else to drive or even suggest taking a cab.
- ✦ Be Calm. Joke about it. Make light of it.
- ✦ Try to make it sound like you are doing them a favor.
- ✦ If it is somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over the keys. Usually they will listen.
- ✦ If it's a good friend, spouse, or significant other, tell them that if they insist on driving, you will not go with them. Insist on calling someone else for a ride, taking a cab, or walking.
- ✦ Locate their keys while they are preoccupied and take them away. Most likely, they will think they've lost them and will be forced to find another mode of transportation.
- ✦ If possible, avoid embarrassing the person or being confrontational.

Remember Friends don't let Friends Drive Drunk. It might be uncomfortable to ask for the keys, but it is worth it. Just ask any of the people who were involved in the 1,130 alcohol-related crashes last year. It's my guess they all wish that someone had taken the keys. For more information, go to www.adcouncil.org and www.duirealtime.com. **Drive Sober. Arrive Alive DE.**