

Safety First

Presented by: DON Services

SAFETY COMMITTEE

VOLUME 1, ISSUE 7

JULY 2017

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Please contact anyone on the committee with any safety questions.

July's Topic: SUMMER SAFETY: HEAT STRESS

Summer is in full swing and as we all know everyone handles the heat differently. As staff and attendants going into consumer's homes we aren't guaranteed that the home is going to be as cool as we like. By understanding how our bodies cope with the heat we may be able to better prepare ourselves and prevent heat exhaustion and heat stroke.



How We Cope With Heat

- Your body is always generating heat and passing it to the environment.
- The harder your body is working, the more heat it has to lose.
- When the environment is hot or humid or has a source of radiant heat, your body must work harder to get rid of its heat.

Some Tips to Stay Safe in the Heat

- Be watchful for symptoms in yourself and others
- Properly hydrate-before, during, and after work
- Get adequate rest
- Stay away from alcohol, unnecessary medication and caffeine.

**July's Topic:
Summer Safety-HEAT STRESS Continued**

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 	<p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives 	

PRIZE TIME!!!

Let's test your knowledge. If you can answer the following question you will be entered into our monthly prize drawing.

List one way that your body copes with heat and one thing you can do to better prepare yourself for your day in the heat.