SAFETY COMMITTEE

- Neal Jones
- Justin Mastrantuoni
- Heather Rockwell
- Phillip Webster
- Shirley Goehring
- Dennis Ruiz
- Tinna Miller

Please email us at: donsafety@donservices.org with any safety questions.

HEATAILMENTS

Heat-Related Illnesses cause at least 300 deaths per year. Be aware of the signs and what to do.

**Heat Cramps**—painful cramps in legs and abdomen, stop activity, hydrate, rest in a cool place and get medical attention if it continues.

**Heat Exhaustion**—your body’s response to excessive loss of water & electrolytes, stop activity and seek medical treatment.

**Heat Stroke**—your body’s cooling mechanism shuts down. 50% of those who reach this stage die even with medical attention.

As an employer it is our responsibility to monitor environmental conditions and adjust the work practices as necessary.

As an employee you must be watchful for symptoms, properly hydrate, get rest, avoid alcohol, caffeine and unnecessary medications.

SAFETY RECOMMENDATIONS:

We welcome everyone’s safety recommendations. If your recommendation is selected you could win a $25 Get Go Gift Card! Please email your recommendations to: donsafety@donservices.org.
July 2018: HEAT AILMENTS continued

Warning Signs:

Heat Exhaustion vs. HEAT STROKE

<table>
<thead>
<tr>
<th>Heat Exhaustion</th>
<th>HEAT STROKE</th>
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</thead>
<tbody>
<tr>
<td>Paleness</td>
<td>Extremely high body temperature (103°F+)</td>
</tr>
<tr>
<td>Tiredness</td>
<td>Red, hot, dry skin (with no sweating)</td>
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<tr>
<td>Weakness</td>
<td>Rapid, strong pulse</td>
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<tr>
<td>Dizziness</td>
<td>Throbbing headache</td>
</tr>
<tr>
<td>Headache</td>
<td>Dizziness</td>
</tr>
<tr>
<td>Fainting</td>
<td>Nausea</td>
</tr>
<tr>
<td>Muscle cramps</td>
<td>Confusion</td>
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<tr>
<td>Heavy sweating</td>
<td>Unconsciousness</td>
</tr>
<tr>
<td>Nausea or vomiting</td>
<td></td>
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</tbody>
</table>

Heat-related illness is Preventable!
Stay somewhere cool
Drink plenty of water
Avoid sugar, alcohol & caffeine
Wear light clothing

Watch out! If left untreated, heat exhaustion can progress to

STOP
If you recognize symptoms of heat stroke, it is LIFE THREATENING. Get the person somewhere cool and seek medical attention IMMEDIATELY.

If you have any safety concerns you can contact any member of the safety committee by emailing us at donsafety@donservices.org.

Michelle L. Holshue, 2012
Data on heat-related illness via CDC:
http://emergency.cdc.gov/disasters/extremeheat/