Safety First

Presented by: DON Services

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Safety Committee

- Neal Jones
- Justin Mastrantuoni
- Ben DeBlasio
- Chris Glidden
- Chris Little
- Heather Rockwell
- Tinna Miller
- Sara Reeves
- Phillip Webster
- Thomasina Macom
- Danielle Marsh

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 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. Please email your recommendations to:

donsafety@donservices.org.
June 2019:
HEAT AILMENTS continued

Warning Signs:
Heat Exhaustion vs. HEAT STROKE

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

Pain
Tiredness
Weakness
Dizziness
Headache
Fainting
Muscle cramps
Heavy sweating
Nausea or vomiting

Extremely high body temperature (103°F+)
Red, hot, dry skin (with no sweating)
Rapid, strong pulse
Throbbing headache
Dizziness
Nausea
Confusion
Unconsciousness

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

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

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