



Safety Tidbits

Job Options, Inc.

July 2023

HEAT STRESS

Know the Signs & What to Do!

HYDRATE! Don't wait until you are thirsty to DRINK WATER!



High Temperature + High Humidity + Physical Activity = **HEAT ILLNESS!**

When the body gains heat faster than it can get rid of it, serious and potentially fatal heat illnesses may occur.

EXTREME DANGER

HEAT CRAMPS

Symptoms: Muscular pain, excessive sweating.

What to do:

- STOP activity
- Get to a COOL place to rest
- HYDRATE!
- If cramps continue, SEEK MEDICAL HELP

Avoid alcohol and drinks high in sugar.

HEAT EXHAUSTION

Symptoms: Excessive thirst, weakness, headache, loss of consciousness, nausea, vomiting, muscle cramps, dizziness.

What to do:

- Move to cool area and get medical help. Heat exhaustion is life-threatening.
- Cool victim by fanning and with wet sponge or spray, cover with cold wet cloths, place icepacks under armpits and groin area.
- If conscious, provide cool drinks with salt sprinkled in, but not salt tablets.

DANGER

HEAT STROKE

Symptoms: Hot, dry flushed skin, usually no sweating; agitation, confusion; headache, nausea, vomiting; irregular pulse; rapid, shallow breathing; possible seizure & loss of consciousness; possible shock & cardiac arrest.

What to do:

- **Call 911 immediately** and move to cool area. Heat stroke is a medical emergency.
- Administer CPR if needed.
- Cool victim with a sponge or spray, cover with cold, wet cloths, place ice packs under armpits and groin.
- Loosen or remove outer clothing.

PROTECT YOURSELF !

WHAT TO DO:

- Recognize the symptoms of heat stress and how to treat them.
- Understand those at particular risk are those who are overweight, out of shape, over 40 years of age, have pre-existing medical conditions, use medications that block sweating, abuse drugs or alcohol, or have had heat stress before.
- Try to do the tasks that are most physically demanding during the coolest parts of the day.
- Drink about 2 glasses of water before starting work and one glass ever 20 minutes.
- Wear loose clothes made of cotton or fabrics that let air pass through. If working outside, wear lighter colors that reflect rather than absorb sunlight.
- Take frequent breaks in a cool spot.

CAUTION

Wear light/cool clothes.



Stay in the shade and out of the sun.



Use a parasol and/or wear a hat.



Intake plenty of water includes sodium.





Don't Forget!

JOI'S ANNUAL SAFETY POSTER CONTEST is underway! We are looking forward to seeing the creative posters you are working on to promote safety! **Will you win \$300, \$200, or \$100?** You won't know unless you submit an entry! All participants will receive a small gift. Get your kids (12 years and under) involved too !

Deadline to submit your entries: **Friday, July 14, 2023**

CONGRATULATIONS

Winners of last month's Safety Tidbits Quiz are...

Kevin Young (FS-2)

Brian Moon (Basewide)

Andy Garcia (SYLPOE)

Lilia Bergonio (Eustis)

Fidel Elenes (SBL)

Joanna Hernandez (32 Street)

Sharon Battistuz (Corporate)

Complete the following quiz and turn it in to your Project Manager by: **Monday, July 17, 2023** to be entered into our drawing. Winners will receive a prize!

1. When it's hot out, it's a good idea to drink alcohol and drinks with high sugar, and wait until you're thirsty to hydrate.
 - A. True
 - B. False
2. If you experience heat cramps, what things should you do?
 - A. Stop the activity
 - B. Hydrate
 - C. Move to a cool place to rest
 - D. All of the above
3. Which statement is NOT true about heat strokes.
 - A. Heat strokes are a medical emergency.
 - B. You should call 911 immediately.
 - C. Heat strokes are not that serious.
4. Heat exhaustion is a life-threatening emergency.
 - A. True
 - B. False

Name: _____ Date: _____ Worksite: _____