

# Hazard Recognition: Heat Mitigation

**April 2015**

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**Daily Safety and Health Topics**

**April 2015**

**Focus on Hazard Recognition:**

**Heat Mitigation**



**April 1, 2015**

## **Safety Focus**

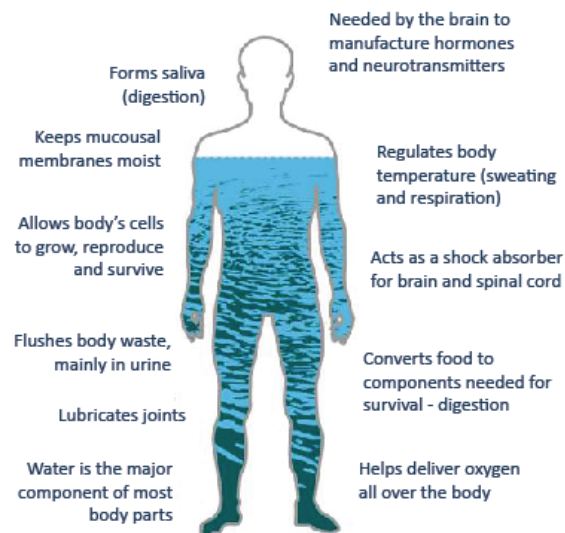
### **SPRING OR SUMMER? WHO CARES, IT'S HOT!**

Spring is upon us, but summer-like weather can occur any month. You are encouraged to drink plenty of fluids and take breaks to allow your body to recuperate. Plan your work around the heat of the day when possible and do the heaviest work in the cooler temperatures of the morning and evening. Keep a questioning attitude and listen to your body.

## **Health Tip of the Day**

Our bodies are mostly made up of water. The average adult male body is 60% and a woman's body is at 55%. Water is important for daily body functions and helps with reducing the risk of dehydration. Drink your water and ask your Site Wellness Champions if your site will participate in a Hydro challenge at your site this summer. If so, get involved!

### *What Does Water do for You?*



Source: <http://water.usgs.gov/edu/propertyyou.html>

## **D&I Focus**

“I went to a motivational training course once, a course of self-discovery, and I found out after a week that my fear - it was not a fear of not being accepted – was a very violent fear of failure.” – Emanuel Steward

**Today is...** [April Fool's Day](#)

*Hazard Recognition: Heat Mitigation*

**April 2, 2015**

## **Safety Focus**

### **HYDRATING YOUR BODY**

Hydrating with cool, clean water before, during and after a job is the best method of protection against becoming dehydrated and overheating your system. “No job is so urgent that we cannot take the time to do it safely.” Plan the work; work the plan! Think consequences vs. likelihood.

### **Health Tip of the Day**

Each day humans must consume a certain amount of water to survive. Of course, this varies according to age and gender, and also by where someone lives. Generally, an adult male needs about 3 liters per day while an adult female needs about 2.2 liters per day. Some of this water is gotten in food.

*Source: Journal of Biological Chemistry (158)*

## **D&I Focus**

“Inclusion is the process of involving and valuing all people in an environment regardless of their differences” – Jaimie Timmons, Sheila Fesko, Allison Hall

**Today is...** [Reconciliation Day](#)

**April 3, 2015**

## **Safety Focus**

### **HEAT-RELATED EMERGENCY PLANNING**

When a heat-related emergency occurs, you have to know who to call so help can get to you or your co-workers promptly.

1. Discuss the actions you should take for a heat related emergency as part of pre-job briefs.
2. Know the emergency numbers – some locations have internal emergency numbers.
3. Know the address of your location.
4. Be able to describe the area (elevation, building, equipment that is close.)
5. If you are working away from covered buildings, is there an area available where there is shade?

## **Health Tip of the Day**

Use hand lotions with aloe vera gel as a main ingredient because it is a cooling agent for the skin, helps rejuvenate skin cells, a great moisturizer and protectant against UV rays.

*Source: [www.ncbi.nlm.nih.gov/](http://www.ncbi.nlm.nih.gov/)*

## **D&I Focus**

“Ultimately, America's answer to the intolerant man is diversity, the very diversity which our heritage of religious freedom has inspired.” – Robert F. Kennedy

**Today is...** [Tweed Day](#)

**April 4, 2015**

**Safety Focus**

**OUTDOOR ACTIVITIES – PART 1**

Spring and summer are great times to be outside whether you are working or taking time off. Remember to protect your skin from sunburn and drink plenty of water. Keep a questioning attitude while outside to stay safe.

**Health Tip of the Day**

Think of various ways this spring and summer to protect your skin from the sun and dehydration. Tinting vehicle windows and keeping water-based fruits handy can help. Great fruit options are watermelons, oranges and grapes. A great way to store these and keep them cool is to put them in an insulated ENSHAPE cooler bag. Ask your Site Wellness champions about getting some to your site.

**D&I Focus**

“As long as the differences and diversities of mankind exist, democracy must allow for compromise, for accommodation, and for the recognition of differences.” – Eugene McCarthy

**Today is...** [Hug a Newsman Day](#)

**April 5, 2015**

## **Safety Focus**

### **OUTDOOR ACTIVITIES – PART 2**

Spring and summer are great times to spend involved in outdoor activities with your friends or family. Remember to protect the eyes from harmful UV rays. Did you know that children have larger pupils than adults? Since children are more likely to be outdoors for longer periods of time than adults, experts estimate that children's dose of UV radiation to the eyes is three times that of an adult. Use peer checking while out in the sun. If you notice any signs of heat related illness, get out of the sun and seek assistance including medical help.

### **Health Tip of the Day**

The Heat is On! Using sunscreen (with a protection factor of 15 or greater), and wearing hats, UV-protected sunglasses, and clothing that covers the back of your neck and arms are great ways to protect yourself from sunburn and damaging sun rays.

*Source: [www.melanomafoundation.org](http://www.melanomafoundation.org)*

### **D&I Focus**

“A society that does not recognize that each individual has values of his own which he is entitled to follow can have no respect for the dignity of the individual and cannot really know freedom.” – Friedrich August von Hayek

**Today is...** [Easter Date](#)

**April 6, 2015**

## **Safety Focus**

### **FACTORS CONTRIBUTING TO HEAT ILLNESSES**

Heat illnesses are serious and prevention must be part of your job plan and actions. Three basic categories of factors contribute to heat illnesses. These are Environmental Factors, Individual Factors and Job Factors. Think about some examples for each of these factors. They will be covered in the next three days.

April 7: Environmental Factors

April 8: Individual Factors

April 9: Job Factors

### **Health Tip of the Day**

Being aware of the heat index for the day can help you prepare and prevent heat related incidences during the day. The heat index combines the humidity with the actual temperature for the day. The result is also known as the "felt air temperature" or "apparent temperature". For example, when the temperature is 32 °C (90 °F) with very high humidity, the heat index can be about 41 °C (106 °F)!

*Source: Wikipedia.org*

### **D&I Focus**

Just because it's "Just the way we do it here" does not necessarily mean that it's the right or only way. There may be more safe or productive ways to be found, if we just trust our resources.

**Today is...** [Sorry Charlie Day](#)



**April 7, 2015**

## **Safety Focus**

### **ENVIRONMENTAL FACTORS**

Environmental factors that contribute to heat illnesses are:

- Temperature
- Direct Sun
- Humidity
- Radiant Heat
- Air Velocity

## **Health Tip of the Day**

**Popsicle or Water?** Eating a popsicle cools you down at least three times as much as drinking an equivalent amount of cold water. (This also works with ice, but popsicles are more fun). Eating or drinking anything cooler will help with lowering your temperature during heated days, but foods mostly consisting of frozen water has the most dramatic effect.

## **D&I Focus**

"I do not wish my house to be walled on all sides and my windows stuffed. I want the cultures of all lands to be blown about my house as freely as possible." – Mahatma Gandhi, India's Father of the Nation

**Today is...** [World Health Day](#)

**April 8, 2015**

## **Safety Focus**

### **INDIVIDUAL FACTORS**

Individual factors that contribute to heat illnesses are:

- Weight
- Fitness
- Medical conditions such as heart disease and high blood pressure
- Acclimatization to heat
- Diet

## **Health Tip of the Day**

Eat small meals and eat more often. Salads with light meat and plenty of water based vegetables like tomatoes are great options. The larger the meal, the more metabolic heat your body creates breaking down the food. Avoid foods that are high in protein, which increase metabolic heat.

## **D&I Focus**

“Insight, I believe, refers to the depth of understanding that comes by setting experiences, yours and mine, familiar and exotic, new and old, side by side, learning by letting them speak to one another.” – Mary Catherine Bateson

**Today is...** [Draw a Picture of a Bird Day](#)

**April 9, 2014**

## **Safety Focus**

### **JOB FACTORS**

Job Factors that contribute to heat illnesses are:

- Physical labor required
- Additional PPE required
- Job location

## **Health Tip of the Day**

### **EXERCISING WHEN TEMPERATURES ARE SMOLDERING**

According to the CDC, there are several rules of thumb for exercising and drinking fluids. If you exercise in the heat for an hour, you should drink water at least 15 minutes before exercising and every 15 minutes during exercise. For exercise lasting longer than 60 to 90 minutes, athletes should drink a commercial carbohydrate and salt replacement fluid.

## **D&I Focus**

“One man may hit the mark, another blunder; but heed not these distinctions. Only from the alliance of the one, working with and through the other, are great things born.” – Antoine de Saint-Exupery

**Today is...** [Winston Churchill Day](#)

**April 10, 2015**

## **Safety Focus**

### **REDUCE THE CHANCE OF HEAT ILLNESS**

Reduce the chance that workers will experience a heat illness by:

- Taking regular rest breaks
- Staying hydrated by drinking plenty of water
- Taking advantage of shade when possible
- Performing physical activities when the temperature is cooler, if possible
- Acclimating employees to working conditions
- Wearing garments made from breathable woven or knit fabrics that promote moisture wicking and do not trap heat
- Have a strong Questioning Attitude.

## **Health Tip of the Day**

Wearing breathable clothing helps with keeping cooler. Remember those black ENSHAPE DriFit T-shirts? They can be great to wear under your shirts as they zap sticky and heat enhancing moisture from your body. If you have one from participation in our 10K last year – pull it out and wear OR ask your site Champ how to get one while supplies last!

## **D&I Focus**

“People who claw their way to the top are not likely to find very much wrong with the system that enabled them to rise.” – Arthur Schlesinger, Jr. (U.S. historian)

**Today is ... [National Siblings Day](#)**

**April 11, 2015**

## **Safety Focus**

### **ACCLIMATE TO THE HEAT**

People can collapse, become easily fatigued, make mistakes, get injured, or develop heat-related illnesses, if not properly acclimated. Plan to adjust to hot working conditions. Coach on the use of all Human Performance tools. Gradually build up exposure time, and adjust work routines, to increase heat tolerance. Supervisors and co-workers should pay special attention to employees who:

- Are new hires
- Are just returning to work from being off for more than 24 hours
- Have just visited or moved from a cooler climate
- Are working during heat-wave events.

## **Health Tip of the Day**

Use cool packs to help cool you down during the work day. Put ice packs or cold compresses under your arms, on the groin area, and behind their neck. Put them in the freezer or refrigerator at work a day before needed. You will receive a set during the annual ENSHAPE Health screenings this year!

## **D&I Focus**

“Human diversity makes tolerance more than a virtue; it makes it a requirement for survival.” – Rene Dubos

**Today is...** [National Submarine Day](#)

**April 12, 2015**

## **Safety Focus**

### **WHAT TO KNOW**

Why is it important to know about heat illness?

1. Heat illness can affect anyone.
2. Heat illness is dangerous.
3. Heat illness can kill.
4. Most importantly – heat illness is PREVENTABLE.

## **Health Tip of the Day**

Drink plenty of liquids – water, fruit or vegetable juices. Aim for eight glasses every day. Heat tends to make you lose fluids, so it is very important to remember to keep drinking liquids when it's hot. Try to stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

## **D&I Focus**

Technical diversity is a term used to describe thinking about engineering solutions but it is exactly what the outcome of diversity is intended to achieve; a better solution. Use diversity to make better products.

**Today is...** [Big Wind Day](#)

**April 13, 2015**

## **Safety Focus**

### **WEAR APPROPRIATE PROTECTIVE CLOTHING**

Protective clothing is worn to protect workers against extremely dangerous hazards, such as flash fire or electric arc flash, chemical contact or welding. If heat stress is also a hazard, choose the lightest-weight, most breathable fabric to protect from the other hazards and then follow basic heat stress reduction work practices to minimize or prevent heat stress. Some heat stress reduction work practices can be found on April 10.

## **Health Tip of the Day**

### **PROTECTING YOUR FEET DURING THE HEAT**

Heavy boots, plus socks, and perspiration are a great recipe for a hot, sweaty, smelly mess! Avoid alcohol and caffeine, which can interfere with sweating and fluid loss. Wear dry wick socks if possible. They zap moisture away from your feet. Ask your ENSHAPE coordinator if there are some pairs to share.

## **D&I Focus**

The American ideal is not that we all agree with each other, or even like each other, every minute of the day. It is rather that we will respect each other's rights, especially the right to be different, and that, at the end of the day, we will understand that we are one people, one country, and one community, and that our well-being is inextricably bound up with the well-being of each and every one of our fellow citizens. – C. Everett Koop

**Today is...** [Scrabble Day](#)

**April 14, 2015**

## **Safety Focus**

### **HOW YOUR BODY REACTS TO HEAT**

- Your body reacts to high external temperature by circulating blood to the skin which increases skin temperature and allows the body to give off its excess heat through the skin.
- When the muscles are being used for physical labor, less blood is available to flow to the skin and release the heat.
- Sweating is another means the body uses to maintain a stable internal body temperature in the face of heat.
- Sweating is effective only if humidity is low enough to permit evaporation and if the fluids and salts lost are adequately replaced.

## **Health Tip of the Day**

### **SOME LIKE IT HOT**

A tall glass of iced tea, ice cream or watermelon on a sweltering summer's day maybe quite tempting on a hot day, but the effect isn't long-term. After a while you're back to where you started – hot and bothered. That's because your internal temperature is cooled too rapidly, and your body ends up compensating by raising your temperature. As a result, you feel hotter.

Eating spicy foods works differently – it raises your internal temperature to match the temperature outside. Your blood circulation increases, you start sweating and once your moisture has evaporated, you've cooled off. Scientists call the phenomenon "gustatory facial sweating," because indeed you usually start sweating in the face first.

Even though eating spicy foods on a hot day isn't the most pleasant for many people, it may be worth doing because after sweating it out you do actually cool down. Hot tea has the same effect.

*Source: Huffington Post and NPR.org*

## **D&I Focus**

There cannot be social development without financial inclusion.

**Today is...** [National Pecan Day](#)

*Hazard Recognition: Heat Mitigation*



**April 15, 2015**

## **Safety Focus**

### **RISKS YOU MAY NOT REALIZE ABOUT HEAT**

- When the body cannot dispose of excess heat, it will store it.
- When excess heat is stored, the body's core temperature rises and the heart rate increases.
- As the body continues to store heat, the individual begins to lose concentration and has difficulty focusing on a task, may become irritable or sick and often loses the desire to drink.

## **Health Tip of the Day**

Drink plenty of liquids – water, fruit, or vegetable juices. Aim for eight glasses every day. Heat tends to make you lose fluids, so it is very important to remember to keep drinking liquids when it's hot. Try to stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

## **D&I Focus**

“Preservation of one's own culture does not require contempt or disrespect for other cultures.” – Cesar Chavez

**Today is...** [Titanic Remembrance Day](#)

**April 16, 2015**

## **Safety Focus**

### **DO YOUR PART TO AVOID A HEAT ILLNESS**

Co-workers often notice the symptoms of heat stress before the individual. You can do your part by using your Human Performance tools such as Questioning Attitude, drinking plenty of clear fluids such as water; avoid coffee and alcohol, coaching each other, making it easy for co-workers to coach you and following your training and procedures for work.

## **Health Tip of the Day**

Infants, heart failure patients, and the elderly in general should not stay in a building or house without air conditioning if the power goes out. Stay with a friend or neighbor or cool off in a public building.

## **D&I Focus**

“To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.” – Tony Robbins

**Today is...** [National Stress Awareness Day](#)

**April 17, 2015**

## **Safety Focus**

### **WHEN THE BODY OVERHEATS**

- Heat stress is the buildup in the body of heat generated by the muscles during work, plus heat coming from warm and hot environments.
- When the body becomes overheated, less blood goes to the active muscles, the brain and other internal organs. Workers get weaker, become tired sooner, and may be less alert and less able use good judgment.
- As stress from heat becomes more severe, there can be a rapid rise in body temperature and heart rate.

## **Health Tip of the Day**

Do not take salt tablets. Salt tablets make dehydration worse because they drain the water from your body.

*Source: Texasheart.org*

## **D&I Focus**

“I’ve observed over and over that people seem to get a much deeper sense of fulfillment out of something they’ve done as an act of service than out of the things they do for themselves.” – Edward Norton (actor)

**Today is...** [Pet Owners Independence Day](#)

**April 18, 2015**

## **Safety Focus**

### **QUIZ ON PREVENTING HEAT ILLNESSES – PART 1**

1. How does the body rid itself of excess heat?
  - Sweating, circulating blood to the skin
  
2. What is one environmental factor that contributes to heat illness?
  - Temperature, Direct Sun, Humidity, Radiant Heat, Air Velocity

## **Health Tip of the Day**

If you are on heart medications, dehydration lowers your body weight, so weigh yourself every day and write it down. If your weight drops more than 2 or 3 pounds from your usual "dry" weight, call your doctor to see if your medicines need adjusting.

*Source: Texasheart.org*

## **D&I Focus**

“In the workplaces of the 21st century, management understands that these differences – when managed properly – can be a wellspring of significant innovations.” – Michael Kimmel

**Today is...** [Newspaper Columnists Day](#)

**April 19, 2015**

## **Safety Focus**

### **QUIZ ON PREVENTING HEAT ILLNESSES – PART 2**

1. Which individual factors can contribute to heat illness?
  - Weight, Fitness, Medical Conditions, Acclimatization to heat, Diet
  
2. How will you ensure that you work safely in hot areas?
  - Coaching each other, Making it easy for co-workers to coach you, following your training and procedures for work

## **Health Tip of the Day**

If you're on any medications, consult with your doctor before undertaking any strenuous activity in the heat. Some drugs can cause dehydration.

## **D&I Focus**

“True independence comes from knowledge gained from the lives of others.” – Anonymous

**Today is...** [National Garlic Day](#)

**April 20, 2015**

## **Safety Focus**

### **TYPES OF HEAT RELATED ILLNESSES**

An average of 500 people die each year in the United States by effects from heat. There are four main types of heat-related illnesses to be aware of.

1. Heat Rash
2. Heat Cramps
3. Heat Exhaustion
4. Heat Stroke

## **Health Tip of the Day**

### **HEART FAILURE PATIENTS AND HEAT RISK**

This is because their hearts have less reserve capacity to transport heat from the body, and their hearts can become overworked. Many heart failure patients are also trying to balance the fluid levels in their bodies by taking diuretic medicines that rid patients' bodies of excess water and reduce their ability to sweat. Because heat and humidity also reduce the amount of water in the body, patients taking diuretics may need to have their medicines adjusted in the summer months. Heat exhaustion and heat stroke can develop in patients just by their sitting in a house or car that is not air-conditioned or by being outside in the sun for too long on very hot days.

*Source: Texasheart.org*

## **D&I Focus**

"The preservation and promotion of tolerance, pluralism and respect for diversity can produce more inclusive societies." – Pope Benedict XVI

**Today is...** [Volunteer Recognition Day](#)

**April 21, 2015**

## **Safety Focus**

### **HEAT RASH**

Heat Rash is one of the four heat related illnesses (reference April 20).

What to look for:

- Red blister-like eruptions
- Itching or prickling

What to do:

- Get out of the sun to somewhere cool
- Keep skin dry
- Monitor for infection
- Consult physician if symptoms persist.

## **Health Tip of the Day**

Do not drink juices or sodas during exercise, because these drinks contain more than 10% carbohydrates (sugar) and are not absorbed well during exercise.

*Source: Texasheart.org*

## **D&I Focus**

For those who have seen the Earth from space, and for the hundreds and perhaps thousands more who will, the experience most certainly changes your perspective. The things that we share in our world are far more valuable than those which divide us. – Donald Williams

**Today is...** [Kindergarten Day](#)

**April 22, 2015**

## **Safety Focus**

### **HEAT CRAMPS**

Heat Cramps is one of the four heat related illnesses (reference April 20).

What to look for:

- They are an involuntarily and forcibly contracted muscle or fibers of a muscle that don't relax.
- They usually occur in large muscle groups such as arms, legs or stomach and are very painful.
- Pain from heat cramps can be distracting and disabling because a person's automatic reaction is to bend over in pain, fall down in pain or reach for the area in pain without thought of the result of moving quickly.

What to do:

- Get out of the heat to a cool place.
- Rest!
- Drink electrolyte-containing fluids.
- Gently stretch the cramped muscle and hold the stretch for 20 seconds, then gently massage the muscle.

## **Health Tip of the Day**

Although hot weather can be tempting to leave the house, sometimes a "staycation" (staying inside) can prevent heat related illnesses all together.

## **D&I Focus**

"I believe in the equality of man; and I believe that religious duties consist in doing justice, loving mercy, and endeavoring to make our fellow creatures happy." – Thomas Paine

**Today is...** [Administrative Professionals Day \(Executive Admin's Day, Secretary's Day\)](#)



**April 23, 2015**

## **Safety Focus**

### **HEAT EXHAUSTION**

Heat Exhaustion is one of the four heat related illnesses (reference April 20). It is more serious and advanced stage of heat illness.

What to look for:

- Cool, moist, pale skin
- Profuse perspiration
- Fatigue, weakness, tiredness
- Rapid respirations and/or pulse
- Headache, dizziness, possible fainting
- High-pitched, raspy voice
- Cramps, nausea, possible vomiting

What to do:

- Move the person out of the heat to a cooler place, use fans or air conditioning if available.
- Loosen clothing and make the person comfortable, reclining if possible.
- Sponge face, neck and other exposed skin surfaces with cool water.
- Give water as the person can tolerate it and only if fully conscious.
- Notify the person's supervisor; however do not leave the person alone.

Untreated heat exhaustion can progress to heat stroke. If in doubt CALL 911.

## **Health Tip of the Day**

### **INCREASE YOUR MILES NOT POUNDS**

Are you a frequent business traveler? If so, it can be a challenge to stick with a healthful eating plan when you're tempted with large portions, delicious desserts and enticing menus. Consider the following tips when traveling: pack a snack: dried fruit, pretzels or almonds; air travel can be dehydrating so drink plenty of water; fit exercise into your daily travel schedule; go easy on the alcohol, skip dessert, look for healthful options when dining out.

## **D&I Focus**

We can make a positive impact in breaking the cycle of exclusion and prejudice by the words we speak and actions we take. The opposite is true as well. The choice is ours to make. Which one will you choose today?

**Today is...** [Take a Chance Day](#)

*Hazard Recognition: Heat Mitigation*

**April 24, 2015**

## **Safety Focus**

### **HEAT STROKE**

Heat Stroke is one of the four heat related illnesses (reference April 20). It is also a medical emergency. Call 911 to get help on the way.

What to look for:

- Irritability, confusion
- Dizziness, lightheadedness
- Headache
- Nausea
- Hot and dry skin
- Very high body temperatures
- Small pupils
- No sweating
- May be unconscious
- Rapid pulse
- Rapid and shallow breathing

What to do:

- Cool the person using any available method: Apply ice packs under arms and to the groin area, place the person in a cool shower, spray them with cool water from a hose, sponge the person with cool water, immerse the person in a tub of cool water.
- Provide respiratory and circulatory support if needed.

## **Health Tip of the Day**

### **A WELL-BEING MOMENT (STRESS & WELL-BEING)**

What if you scheduled just 15 minutes each week to focus on YOU? Take a broader view of health and go beyond physical health. Think about your social well-being (support and connections with others), emotional well-being (sense of purpose, resilience, restoring and rejuvenating), financial well-being, and your environment (work, home, and community). Pick one small area that you'd like to focus on and in your 15 minutes select – or even do – an easy step that strengthens your well-being.

## **D&I Focus**

Cicero wrote that what promotes unity is “a mutual belief in each other’s goodness.”

**Today is...** [Pig in a Blanket Day](#)

*Hazard Recognition: Heat Mitigation*

**April 25, 2015**

## **Safety Focus**

### **WHEN IT'S HOT**

During hot weather, heat-illness can be the underlying cause of other injuries, such as heart attacks, falls, and equipment damage arising from poor judgment.

## **Health Tip of the Day**

### **PREVENTING HEALTH EXHAUSTION THROUGH NUTRITION**

The hypothalamus is the part of your brain that controls body temperature, hunger and thirst. Eat foods that will support the proper functioning of your hypothalamus, which is part of your endocrine system. Such foods include seaweeds, leafy greens, carrots and seafood, including salmon and tuna, which contain essential fatty acids. You can also include olive oil, nuts such as almonds, cashews and peanuts as well as foods high in minerals such as broccoli, kale and collards.

*Source: Livestrong.com*

## **D&I Focus**

“This is the unifying ethical task of all the religions – yes, of all the philosophies of humankind. There is no need to force our own theological points of view upon one another or to insist that the moral life grows out of final, absolute authority.” – Algernon Black

**Today is...** [World Penguin Day](#)

**April 26, 2015**

## **Safety Focus**

### **WORK SMART WHEN IN THE HEAT**

- Keep a strong Questioning Attitude
- Alternate heavy work with light work
- Schedule the hardest work for cooler parts of the day
- Pace yourself
- Work in the shade or out of direct sun when possible
- Increase frequency of breaks when:
  - Conditions are very hot
  - Work requires high exertion levels
  - Protective clothing limits evaporative cooling

## **Health Tip of the Day**

Save money and keep cool! Weather-strip doors and sills to keep cool air in.

## **D&I Focus**

“Respect speaks volumes.”

**Today is...** [National Pretzel Day](#)

**April 27, 2015**

## **Safety Focus**

### **HOW THE BODY STAYS COOL**

- The body's thermostat is the Hypothalamus gland, which is located in the brain and controls body heat.
- The Hypothalamus gland signals blood to flow to the surface of the skin to cool itself.
- The body sweats.
- Sweat evaporates off the skin and has a cooling effect on the blood and therefore the body.

## **Health Tip of the Day**

Don't forget about your pets! If you are away from home during extreme heat days, make sure to have a container of water for your dog. Find shaded areas for your dog to rest.

## **D&I Focus**

Everyone's input is important. Take the time to actively listen.

**Today is...** [National Prime Rib Day](#)

**April 28, 2015**

## **Safety Focus**

### **WHAT INHIBITS BODY COOLING**

- Humidity (moisture in the air) interferes with sweat evaporating from the skin thus interferes with the cooling of the body.
- The more humid it is, the less sweat can evaporate, and the less body cooling occurs, and the more chance of heat related illness.
- The hotter the temperature, the harder the body has to work to produce enough sweat to stay cool.
- Heat and humidity together greatly increase the potential for heat-related illness.

## **Health Tip of the Day**

Drinking sports drinks can help you to replace electrolytes, but many people are sensitive to the artificial sweeteners or sugar in them. A good alternative is to supplement with the best vitamin C, a non-acidic buffered vitamin C powder that contains calcium, magnesium, zinc and potassium. Supplementing with a B vitamin complex is also advisable under a doctor's supervision. Drink plenty of fluids throughout the day, whether you feel thirsty or not to guard against dehydration.

*Source: Nutria.com*

## **D&I Focus**

“If civilization is to survive, we must cultivate the science of human relationships - the ability of all peoples, of all kinds, to live together, in the same world at peace.” – Franklin D. Roosevelt

**Today is...** [International Astronomy Day](#)

**April 29, 2015**

## **Safety Focus**

### **MONITOR HEAT AND HUMIDITY**

To help keep the body's cooling mechanism working properly, it is important to monitor heat and humidity values throughout each workday in hot and/or humid weather, and adjust tasks accordingly. Remember to use STAR (Stop, Think, Act, Review)

## **Health Tip of the Day**

Wear breathable fabric during extreme heat days, like cotton, linen, silk, and hemp.

## **D&I Focus**

"You were born an original ... Don't die a copy." – John Mason

**Today is...**[National Shrimp Scampi Day](#)

April 30, 2015

## Safety Focus

### HEAT INDEX USED TO MONITOR HEAT AND HUMIDITY.

- Heat + Humidity values = Heat Index
- The higher the temperature and humidity the higher the Heat Index.
- The Heat Index gives an “Apparent “ Temperature.
- The Apparent Temperature is a higher value than temperature alone as it factors in humidity.
- Monitor the Heat Index on-line and/or by using a Heat Index Chart.

		Ambient Air Temperature (Fahrenheit)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (Percent)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity  
□ Caution    □ Extreme Caution    □ Danger    □ Extreme Danger

## Health Tip of the Day

Don't engage in vigorous activity in the hottest part of the day - from 11 a.m. – 5 p.m.

Source: [Healthyhorns.utexas.edu](http://Healthyhorns.utexas.edu)

## D&I Focus

“Out of clutter find simplicity. From discord, find harmony. In the middle of difficulty, lies opportunity.” – Albert Einstein

Today is... [National Honesty Day](#)

Hazard Recognition: Heat Mitigation