

Safety NEWSLETTER

provided by
The Safety Council
of East Texas
as a service to its members

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"Working together for a safer tomorrow"

Some Lesser-known Facts About **Heat Stroke:** Finished before you ever start?

Returning to work on Tuesday after an enjoyable Memorial Day outing at the lake, Larry Farmer got his job assignment, picked up his tool bucket, drank some water to hydrate himself, and ascended the 88 steps to the top of the boiler structure to change out a relief valve. He was glad to be doing this job in the morning, before the full force of southern humidity and burning sun reached its peak. Minutes later he found himself lying on the grating, his face being wiped with a cool cloth by a co-worker. A two day stay in the hospital soon followed.

How could a person who had a sizable drink of water, working in less than severe heat, suffer heat stroke? It all had to do with what Larry did BEFORE he went to work. During his long day at the lake, Larry rode his jet ski, lay on the deck of the boat, and sweated most of the day. Unlike at work, he didn't have plenty of water and sports drink around - only a beer or two. Larry came to work on Tuesday ALREADY LOW on fluids, and even though he drank some water, it wasn't enough to fully hydrate him.

The primary way the body cools itself in high heat situations is by perspiration. A person who has become acclimated to the heat (which usually takes 7-10 days) begins perspiring sooner, and sweats more effectively (by absorbing more of the sodium in the sweat). An acclimated person sweats up to 3 liters per hour. It doesn't take a rocket scientist to realize that if you're losing 3 liters an hour, replacing it with one cup of water or sports drink isn't going to allow you to stay hydrated.

The annual death rate due to heat stroke is twice as high for men as women. This is not due to any particular body trait, but rather to the fact that men are more predominant in the portion of the workforce that is exposed to high heat.

Medications - including antihistamines - and illnesses can also make a person more likely to get heat stroke. Check your medication documentation to see if it inhibits your body's natural ability to dissipate heat.

Common Symptoms of Heat Stroke:

- Unconscious or has a markedly abnormal mental status (dizziness, confusion, hallucinations, or coma)
- Flushed, hot, and dry skin (although it may be moist initially from previous sweating or from attempts to cool the person with water)
- May have slightly elevated blood pressure at first that falls later
- May be hyperventilating

For More Good Information on Heat Stroke:

<http://www.emedicine.com/MED/topic956.htm>
<http://www.mayoclinic.com/health/first-aid-heatstroke/FA00019>
http://www.umm.edu/non_trauma/dehydrat.htm

ARE YOU A DEFENSIVE DRIVER?

Do you focus on who has the
right of way?

Yield Anyway!

Nobody ever yielded their way into a collision. Think about it. If you are in doubt about who has the right of way, give it away. The other guy may be wrong, but you can end up hurt or dead. We often say no one HAS the right-of-way until it is yielded to them. It's not the principle, but the outcome that counts.

Have you been accused of being

Orthostatic Intolerant

Probably not, if you don't spend time in a safety harness, parachute, or other suspension device.

But if you do find yourself suspended for more than just a few minutes, you need to know that you're at risk for suspension trauma. It's caused by blood pooling in the veins of the lower legs, and can be fatal. Read more at:



<http://www.osha.gov/dts/shib/shib032404.html>

2007 Safety Excellence Award



The Safety Excellence Award is based on three core processes: Assessment, Reinforcement and Implementation. The contractors nominate themselves by answering a questionnaire and providing evidence of their continuous safety efforts throughout the year.

Congratulations 2007 Winners

KBR

GREGG INDUSTRIAL INSULATORS

JOYCE CRANE



What YOU can do to QUALIFY.....

- Participate in the "Near Miss" Program and/or the "Hazstopper" Program;
- Be chosen as "Employee of the Month" or "Employee of the Quarter";
- Be observed going above and beyond in the area of Safety;
- Be on the receiving end of "meal tickets" or "movie tickets"

The more you participate, the more chances you have to win!!!!

Up to five (5) winners are chosen quarterly

RAILSERVE

Has worked 1 year or 79,736 manhours
with no OSHA recordable!

CONGRATULATIONS!!!!

