



Don't Put Lives on the Line – Think Safety First

National Safety Month is celebrated to encourage awareness of the importance of safety and to promote the safety culture. It is organized by the National Safety Council and celebrated every year in June.



NATIONAL SAFETY COUNCIL

HANDS-FREE IS NOT RISK-FREE

Every day, 9 people are killed and more than 1,000 are injured in crashes involving distracted drivers.

Over **100 PEOPLE** die every day in car crashes.

Summer heat can be brutal. Take time to monitor yourself, your employees, and co-workers. When working outdoors, remember:

- Avoid long periods of direct sunlight and provide shaded areas, if possible.
- Use cooling fans to keep air circulating.
- Wear lightweight, light-colored, and loose-fitting clothes.
- Drink non-caffeinated fluids like water or Gatorade.
- Get immediate medical help for anyone displaying signs or symptoms of heat exhaustion or heat stroke.



Hot Cars Kill Children

Leaving a child alone in a vehicle can lead to tragedy. These deaths, while accidental, are always preventable. Here are some helpful tips to make sure it doesn't happen to your family.

Remember:

- Never leave a child alone in a parked car, even with the windows rolled down or the air conditioning on. A child's body temperature can rise three to five times faster than an adult's. A core body temperature of 107° F is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Heatstroke can occur in temperatures as low as 57° F. On an 80° day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk, and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Source: trafficsafetymarketing.gov

HEAT-RELATED ILLNESSES

Heat Cramps	Heat Exhaustion	Heat Stroke
<p>Muscular pain and spasms due to heavy exertion</p> <p>Caused by a loss of water and salt through sweating</p>	<p>Fluid loss causing blood flow to decrease to vital organs</p> <p>Flu-like symptoms occur hours after exposure</p>	<p>Most serious</p> <p>LIFE THREATENING</p> <p>Requires IMMEDIATE care</p>
<p>Occur during outdoor activities or strenuous activities.</p> <p>Can occur even when it does not seem very hot or humid.</p>	<p>Serious but not life threatening, if identified and treated properly. Without treatment, heat exhaustion can lead to heat stroke.</p>	<p>Occurs when the body's heat-regulating system fails.</p> <p>Body temperatures rise to a point that brain damage and death may result.</p>
Signs & Symptoms	Signs & Symptoms	Signs & Symptoms
<ul style="list-style-type: none"> • Leg cramps • Muscle spasms • Stiff abdomen • Weak, faint, or dizzy • Stiff abdomen • Possible nausea • Normal mental status 	<ul style="list-style-type: none"> • Skin is cool and moist • Excessive sweat • Pupils are dilated (large) • Body temp is near normal • Headache • Weak, dizzy or faint • Disorientation • Dark and decreased urine 	<ul style="list-style-type: none"> • Skin is hot and dry • No sweating • Pupils are very small • Victim is confused or unable to think straight • Possible seizures • Body temperature is very high (can be as high as 105° F)

Source: safeguardgroup.com