



Heat Stress Prevention

Overheating can cause dizziness, fainting, heat rashes, cramps, strokes, and in extreme cases, death.

The risk factors for heat stress include:

- High temperatures and humidity
- Direct sun exposure
- Limited air movement
- Low liquid intake
- Heavy physical labor
- And lack of recent exposure to hot workplaces or environments.

Here are some steps you can take to prevent heat stress:

- Schedule jobs in hot climates for cooler months
- Minimize exposure. Work in the early morning or late evening, rather than the hottest part of the day
- Taking frequent breaks in a shaded area while working outside
- Acclimate: the best approach to working in hot environments is gradual exposure.
- Use relief workers or assign extra workers for physically demanding jobs.
- Drink plenty of cool water throughout the day. Staying hydrated is critical.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.

The summer months are quickly approaching; be prepared for higher temperatures and stay cool.

Flu Season Safety

The precise timing and duration of flu seasons can vary, but activity often begins to increase in October, peaking between December and March, and lasting as late as May.

People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue or tiredness
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Those are the symptoms, but what can you do to help prevent contracting the flu?

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.



- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Another precaution you can take is by getting a flu vaccine. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

Staying healthy is also important:

- Regular exercise
- Adequate sleep
- Proper diet
- Thorough hand washing
- And avoiding those who have the flu are all smart strategies for wellness
- People with weakened immune systems are more susceptible to the flu.

Encourage workers not to bring the flu to work and spread the illness to workers and to of course understand and comply with organizational policies for sick leave.

Avoiding Slips & Falls: Winter Edition

- Take the safest route to your destination and make time for it. Try to avoid slippery surfaces, don't rush, and use handrails along the way, if possible.
- Don't use your phone while walking—it's distracting.
- Walk deliberately. Bending your knees a little and taking slow, short steps increases traction and lowers the odds of falling. If you must walk on slippery surfaces, also remember to keep your center of balance under you.
- Wear boots or slip-resistant footwear.
- Look out for "black ice." Dew, fog, or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement. It often shows up early in the morning, or in areas that are shaded by the sun.
- Use caution when getting in and out of vehicles and use the vehicle for support.
- When entering a building, remove as much snow and water from your boots as you can, and watch for wet and slippery floors.
- Avoid carrying items. Keep hands empty so arms are free to move for stabilization. If you must carry items, use backpacks if possible.
- When walking on steps, always use the hand railings and plant your feet firmly on each step.

Winter Driving Safety

Maintain Your Vehicle

Check the battery, tire tread, and windshield wipers, and keep your windows clear. Be sure to put no-freeze fluid in the windshield washer reservoir, and to check your antifreeze.



Items to have in your vehicle

You can purchase roadside emergency kits for retailers or pack your own. They make great gifts this time of year and are essential for preparedness.

A flashlight, jumper cables, abrasive material like sand for traction, shovel, window scraper, warning devices (like flares) and blankets. For long trips, add food and water and medication.

If you get stuck or your car won't start

Don't panic. That's a waste of energy and it doesn't help you out of the situation. Stay with your car, don't overexert yourself, and put bright markers on the antenna or windows. If you're stuck but the vehicle is fully functioning, check and clear the exhaust pipe and run the vehicle just enough to stay warm.

Plan Your Route

Check the weather ahead of time and pay attention to changing travel conditions. Allow plenty of time to make the trip, preferably in daylight, be familiar with maps and directions, and let others know your route and arrival time. In addition to these tips, protect yourself by buckling up and using child safety seats properly.