

ON THE SAFE SIDE



Safety & Health Newsletter



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HEATSTROKE VS STROKE

What and Why



Heat stroke is when your body overheats and core body temperature rises to more than

104°F

Stroke is when a blood vessel to the brain bursts or is blocked by a clot. Brain cells die from the lack of blood and oxygen.



Risk Factors

Some people may be at higher risk due to:

- Age
- Certain medications
- Exertion in hot weather
- Lack of air conditioning
- Medical conditions
- Spending time outside in excessive heat
- Sudden exposure to hot weather
- Weight



UP TO 80% OF STROKES MAY BE PREVENTED

Factors you may be able to treat and control:

- Atrial fibrillation
- Cigarette smoking
- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Obesity
- Poor Diet

Factors you cannot control:

- Age
- Race
- Family history
- Medical history

Signs

Body temperature of 104° F or higher is the main sign. Other signs include:

- Confusion
- Headache
- Hot and dry skin (when not exercising)
- Fast pulse or racing heart
- Flushed or red skin
- Loss of consciousness
- Nausea
- Rapid, shallow breathing
- Vomiting

F. A. S. T.

Face Drooping Arm Weakness Speech Difficulty Time to Call 911

* Other signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

What to do

While waiting for emergency care, move the person into shade or indoors, remove excess clothing and try to cool them with water, fans, ice packs or cold, wet towels.

CALL 911

or your local emergency services number ASAP

Get to the hospital as quickly as possible by ambulance to improve chance of surviving and having a full recovery.

Heat Stroke vs Stroke

Important facts to know to act F.A.S.T

National Preparedness Month

Preparing for Disasters and Emergencies that could happen at anywhere, anytime...

3 Reasons It's Important You Should Use PPE in the Workplace

National Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

In 2021, FEMA's Ready Campaign and the Ad Council broke ground by producing the first-ever national preparedness campaign specifically targeting the Latino community for National Preparedness Month. Released during Hispanic Heritage month, the advertisements centered around the Latino community's commitment to personal planning for occasions and family milestones as a bridge to also planning for disasters.



This one-of-a-kind campaign is committed to putting people first and reaching communities where they are. To continue these efforts, this year's National Preparedness Month campaign will feature a call to action for the Black and African American community.

This year's national public service announcements are being developed and will be released throughout the country this September, to help get preparedness information into the hands of those who live in underserved communities.

The Ready Campaign's 2023 National Preparedness Month theme is:

"Take Control in 1, 2, 3".

2023 Theme: Take Control in 1, 2, 3.

The Ready Campaign's 2023 National Preparedness Month theme is "**Take Control in 1, 2, 3**". The campaign will focus on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation.

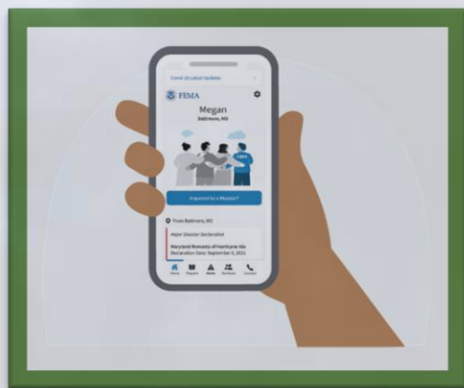
We know older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies we now face, especially if they are living alone, are low-income, have a disability, or live in rural areas.

Emergency managers and all those who work with and support older adult communities to access the new webpage available in English and Spanish languages at [Ready.gov/older-adults](https://www.ready.gov/older-adults) and [Ready.gov/es/adultos-mayores](https://www.ready.gov/es/adultos-mayores) for initial messaging, graphics and resources. For more information on preparing with disabilities visit [Ready.gov/disability](https://www.ready.gov/disability) or [Ready.gov/es/discapacidad](https://www.ready.gov/es/discapacidad) in Spanish.

For more information visit <https://www.ready.gov/>



FEMA App: Take Charge of Disasters



The FEMA App is your personalized disaster resource, so you feel empowered and ready to take charge of any disaster life throws your way.

Download on [iOS](#) or [Android](#).



FEMA



PLAN.

Learn how to prepare for common hazards quickly and easily. The FEMA App can help you learn basic preparedness strategies like how to create a family emergency communication plan, what to pack in your emergency kit, and what to do immediately after a disaster.



PROTECT.

Knowing when and how to protect yourself, your loved ones and your property during a disaster can make all the difference. With the FEMA App, you can receive real-time weather and emergency alerts from the National Weather Service for up to five locations nationwide. It can also help you find a nearby shelter if you need to evacuate to a safe space.



RECOVER.

The FEMA App gives you the tools you need to recover after a disaster. Find out if your location is eligible for FEMA assistance, find Disaster Recovery Center locations, and get answers to your most pressing questions. Instantly connect with FEMA's disaster resources so you find the help that you need when you need it most.

3 Reasons It's Important You Should Use PPE in the Workplace



1. You only have one pair of eyes.

Safety glasses are probably one of the most common (and effective!) forms of PPE. This is because any substance and any material can be hazardous when it comes in contact with your eyes.

Every year, roughly 2.4 million eye injuries occur in the United States, both at work and during leisure activities. Of these injuries, about 50,000 victims lost their eyesight to some degree. According to the American Academy of Ophthalmology (AAO), 90% of these eye injuries could have been prevented by safety eyewear.

2. Long-term conditions may result from a failure to protect yourself.

Feeling fine at the end of your shift doesn't pass for the fact that you've properly protected your body. Exposure to different chemicals and compounds on the job can have long-term effects on your body.

Workers should take advantage of the medical knowledge regarding risk factors that we have today, and use PPE to safeguard their health and well-being, both for now and the future.



Even for those jobs that “only take a few minutes”, you should never allow for exemptions from wearing PPE.

3. It keeps you from being liable for your own injuries.

One common speed bump that workers' compensation attorneys deal with on the regular is an individual's decision not to wear PPE, regardless of the fact that they were provided with it by their employer. This often makes the liability for a workplace illness or injury more of a gray area.

It varies from case to case, but faithfully using all PPE that you are provided with on the job is the best way to ensure that should an injury or illness directly result, your employer will absorb full liability.

Being found partially responsible in a court of law for your own workplace illness or injury from a failure to use PPE is a worst-case scenario. As an employee, you should be fully educated on which equipment is required of which tasks, and what it is meant to protect.

Upcoming Events:

→ PPE Roadshow:

✧ PHX (September 6th & 7th)

✧ JFK (September 19th & 20th)



→ International GSE Expo 2023 (September 26th – 28th)



What's wrong with this picture?



Ladders should never be used to enter aircraft. Always use the appropriate stands for their purpose.

Got Feedback?

Suggestions on Safety topics in upcoming newsletters?

Email: Safety@local591.com