

# U.S. Naval Air Facility Atsugi Japan

## Safety & Occupational Health Newsletter

JUL - SEP FY-2003

PUBLISHED JULY '03

VOL. 2 ISSUE 4



**COMMANDING OFFICER**  
CAPT R. A. ECKSTROM

**EXECUTIVE OFFICER**  
CDR D. C. TILLER

NAVOSH Manager 264-3112  
NAF Fire Dept 264-3248  
Security 264-3323

### Safety Department

Safety Specialist 264-4424  
Atsugi Prgm Admin 264-4121  
KSeya Prgm Admin 265-8876  
Safety Inspector 264-4122

### Traffic Safety Division

264-3983/3794

M/C EVOC Traffic Prgm Admin  
License Examiner

### Safety Admin

Safety Insp/Tech 264-3678

### NAF Aviation Safety

264-4112



## Don't Get TERMINATED

Someone posted this simple, yet funny, reminder on a piece of equipment, because, regardless of what you may have seen in the most recent sci-fi movies, machines aren't really intelligent. They are not out to get you, nor are they going to look out for your well being.

They don't know where your arms and legs are. They don't think about how much debris they are shooting out toward your eyes. They don't care if you get dust or fumes in your lungs. They'll just keep on going until you shut them off, with or without your fingers.

It's **your** responsibility to know how to operate the equipment and to wear PPE. Give that a little thought the next time you power-up, whether you're using an electric drill or an industrial-size sheet-metal cutter.

## Emergency Nos.

**Fire Dept 119**  
**Ambulance 119**  
On Base 119  
Off Base 0467-70-2164  
Acute Care 264-3951  
Safety 264-3112/3678  
Security 264-3200/3500

*Featuring*

⇒ Summer Safety Tips	3
⇒ Fall Prevention - Office & Industrial	4/5
⇒ "Sooo...Before You Go.....!"	7
⇒ Ergonomics - Posture	10
⇒ Safety Sessions: Heat... Heat.. Heat.	11

## Frequently Used Telephone Nos.

NAF Atsugi CDC	264-6367	BEQ	264-3698
Action Line (CMC)	264-3677	BOQ	264-3696
Medical Appt Desk	264-3958	Trilogy	264-3736
Dental Appt	264-3612/3613	SkyMasters	264-3659
NAF Air Terminal	264-3801	O'Club	264-3621

## Base Safety Reps

### Base Safety Reps

#### NAF Atsugi

AIROPS	264-3749
MWR	264-4673
FSSC	264-3628
SECURITY	264-3840
PWD	264-3811
SUPPLY	264-3131
KAMISEYA	265-8667

#### Tenant/Associate Cmd

AIMD	264-3119
BMC	264-4691
CSD	264-3063
DCMA	264-3244
FASO	264-3231
HSL-51	264-4365
NAMTG	264-3159
NAPRA Manager	264-3022
NEX	264-3195
NPMOD	264-3208
NMCB DET	264-3050
SHIRLEY LANHAM ELEM SCHOOL	264-4691

#### CAG / Other Cmd

CVW-5 Staff	264-3392
HS-14	264-3392
VAW-115	264-4297

**NOTE:** Any commands that desire to have their Safety Rep listed in the NAF ATSUGI Safety Rep INDEX, please contact NAF Safety at DSN 264-4424.



## Table of Contents

### Title Page

1. NAF Atsugi Staff
2. Emergency Telephone Nos.
3. Frequently Called Telephone Nos.
4. "Don't Be TERMINATED"
5. Featuring...

### Page 2

1. Safety Tidbits ...
2. Safety Rep Index
3. Safety Training
4. Table of Contents

### Page 3

1. "Summer ... Tips"

### Page 4

1. "Fall Prevention - Office Workers!"

### Page 5

1. "Fall Prevention - Industrial Workers!"

### Page 6

1. Your Hearing.....!

### Page 7

1. Safety Awareness

### Page 8

1. Recreation Safety "So...Before You Go!"

### Page 9

1. Hazard Alert

### Page 10

1. Ergonomics Posture

### Page 11

1. Safety Sessions



## Balcony Safety Tidbits

Decks and balconies often pose several hazards to children, the most serious of which is that of falling through or becoming stuck in the railing.

If your deck or balcony railings have horizontal or vertical openings wider than 4 inches, you need to make some modifications. You can choose among several options of varying cost and aesthetic appeal.

First, you can cover your railings with plastic garden fencing, shade cloth, or Plexiglas. Plexiglas is by far the most expensive choice, but is typically the most attractive. If you live in a windy area, the Plexiglas may offer the additional benefit of serving as a windbreak. You can secure any of these materials to the railings with screws or plastic cord ties. Avoid using staples; if they're dislodged, they present a serious choking hazard. Covering the railings is particularly important if the spindles run horizontally, as attaching something to the balcony side of the railing will also deter your child from climbing.

As an alternative to covering the railings, you can add additional spindles to make the openings narrower. This is a particularly appealing alternative if your railings are made of wood. Using additional spindles also tends to be attractive and can be more affordable than Plexiglas.

When you're protecting your railings, don't forget any external stairs. If you have stairs leading down from your balcony or deck, building a gate to match your existing railings is usually the best way to go. Be sure the gate's latching mechanism is childproof and / or out of reach.

Try to get in the habit of keeping any patio furniture away from the railings. Doing so will make it a little more difficult for your child to climb up and lean over the railing.

Finally, consider adding latches to any doors or windows leading out to your balcony or backyard. These latches should be installed well out of your child's reach.

## NAF Atsugi Safety & Occupational Health Newsletter

is published quarterly by the NAF Safety Department. Articles relating to safety, Occupational Health and ORM are welcome additions for publication in the newsletter.

For further information, please contact the Newsletter Editor at 264-4424. The editor is also the point of contact for submission and approval of related articles, ideas, and/or questions.

## Upcoming Safety Training

Coordinate Safety Training through the NAF Safety Office

### CFA YOKOSUKA

Safety Systems Afloat	A-493-2099	5da	04-08 Aug 03
Mgmt Principles SafPro	A-4J - 0019	5da	18-22 Aug 03
Respirator Prgm Mgr	A-4J - 0031	10da	08-17 Sep 03

### USARJR ZAMA

Radiation Safety Officer Course	22-26 Sep 03
---------------------------------	--------------

For updated schedules, contact a Safety Rep from your command or the NAF Safety Dept.

# SUMMER SAFETY TIPS

The warm weather is here and the summertime fun is in full swing.

**Unfortunately**, safety is not always the first thing that comes to mind.

**We know.....** you are tired of reading those yearly redundant summer safety tips and reminders.

**But**, the more you read them, the more likely these tips and reminders will stick with you and just become habit.

**So please**, just take a few minutes and read all of the tips and reminders that are published throughout the summer months. Check the Safety Bulletin Boards at your command or department.

**Amusement parks** are popular summer destinations, especially for families with children. Haunted houses and roller coasters are scary enough without the terror of losing your kids. The National Safety Council suggests parents carry photos of their children, select a meeting place ahead of time in case someone gets lost, instruct children to go to a park employee if they are in trouble, and make sure kids know their parents' names. Teach children never to go with a stranger who is trying to lure them away.

**Biking** is a great way to get exercise in the summer. Unfortunately, as the number of bikes sold each year increases, so do the concerns for bicycle safety. No matter what your age, wear a helmet — it can reduce the risk of head injury by 85 percent. Unfortunately, of those bicyclists killed in 1999, only 2 percent were wearing helmets. A recent survey revealed that 43 percent of bicyclists never wear a helmet; 7 percent wear a helmet less than half the time; and 50 percent wear a helmet most or all of the time. Bicycle helmets can prevent up to 88 percent of cyclists' brain injuries, says the Bicycle Helmet Safety Institute. Helmets should be positioned correctly and should fit snugly with the straps properly buckled. Parents should lead by example and insist that kids wear helmets for bicycling, skateboarding and in-line skating.

**Cookouts and picnics** can be carefree as long as you handle food properly. Pack well-wrapped food in an insulated cooler. Keep your cooler in the shade with the lid on. When barbecuing, cook burgers until they're no longer pink in the center, and cook poultry until the juices run clear from the thickest part of the meat. Eat every-thing within a two-hour time period and return leftovers to the cooler.

**Diving and swimming:** swimming is probably the most popular outdoor summer activity. Yet thousands of people are killed each year in swimming and diving accidents. Oftentimes, alcohol and other "risky behaviors" play a role in these accidents. Don't become a statistic. Put safety first and be cautious when swimming and follow these simple rules:

- ▶▶ **Always** dive off a diving board to avoid shallow or sloped areas of a pool.
- ▶▶ **Never** dive in unclear or murky water.
- ▶▶ **Never** body surf on sloped beaches or near sandbars.
- ▶▶ **Never** body surf in waves bigger than three feet (check with lifeguards).
- ▶▶ **Always** swim with another person.

# FALL PREVENTION FOR OFFICE WORKERS

## AVOIDING SLIPS AND FALLS AT THE OFFICE

It may come as a surprise that falls are the most common type of office injury. Yet almost all falls can be prevented by using common safety sense and learning how to recognize and correct typical fall hazards in the office environment.

### UNDERSTANDING BALANCE

A fall occurs when you lose your balance and your footing. In short, your center of gravity is displaced and there's nowhere to go but down. You may be thrown off balance by a slip (on a wet floor, for example) or a trip (over an obstacle in your path), but once you lose your footing and support, a fall is inevitable.

### COMMON FALL HAZARDS

Once on the most common causes of office falls is tripping over an open desk or file drawer. Bending while seated is an unstable chair and tripping over electrical cords or wires are other common hazards. Office falls are frequently caused by using makeshift ladders (such as a chair, or a stack of boxes) and by slipping on wet floors (by the water cooler or coffee machine, for example.) Loose carpeting, objects stored in halls or walkways, and inadequate lighting are other hazards that invite accidental falls. Fortunately, all of these fall hazards are preventable. The following checklist can help you stop a fall before it happens.

### FALL PREVENTION CHECKLIST

- e Look before you walk, make sure your pathway is clear.
- e Close drawers after every use.
- e Avoid bending, twist, and leaning backwards while seated.
- e Secure electrical cords and wires away from walkways.
- e Always use an appropriate stepladder for over head reaching.
- e Clean up spills immediately.
- e If you see anything on the floor, a pen, a paper clip, etc..... pick it up. Don't leave it, thinking someone else will get it...
- e Report any loose carpeting or damaged floor to the appropriate manager.
- e Make sure walkways are well-lighted.
- e Walk, do not run!!

If you see or know of a **SAFETY HAZARD** in your area notify your supervisor or the NAF Safety Office at **264-3678/3112** immediately.

# FALL PREVENTION FOR INDUSTRIAL WORKERS

## AVOIDING SLIPS AND FALLS AT THE WORKSITE

Each year, hundreds of workers die (and thousands more are left disabled) from falls on the job. The statistics are alarming, but you can change them. The fact is almost all falls can be prevented. All it takes is learning how to recognize fall hazards and how to prevent them.

## UNDERSTANDING BALANCE

A fall occurs when you lose your balance and your footing. In short, your center of gravity is displaced and there's nowhere to go but down. You may be thrown off balance by a slip (or a wet floor, for example) or a trip (over an obstacle in your path), but once you lose your footing and support, a fall is inevitable.

## COMMON FALL HAZARDS

One of the most common causes of fall hazards at the worksite is the unsafe use of ladders, using ladders incorrectly or using the wrong ladder for a particular job. Unsafe vehicle practice, failure to use safety cages, jumping on or off lift gates, and so on, also invite accidental injury. Slippery surfaces and inappropriate footwear can also lead to slips and falls. Poor lighting, obstacles in walkways, inattention and hurrying are other common causes of fall related injuries. The following checklist can help you prevent falls before they happen.

## FALL PREVENTION CHECKLIST

- e Use the 4-1 ladder rule (set the base of your ladder one foot away from the wall for every 4 feet of ladder height).
- e Make sure extension ladders have safety shoes.
- e Tie off ladder or have someone support the base.
- e Never use the top 2 rungs of a ladder.
- e Secure wires, cords and cables away from walkways.
- e Use safety cages and fall restraint devices when available.
- e Wear slip resistant footwear.
- e Clean up debris after each job, and report accidental spills immediately.
- e Pay attention to your surroundings.
- e Look before you walk, make sure your pathway is clear.
- e Walk, don't run. Slow down and do the job right.

If you see or know of a **SAFETY HAZARD** in your area, notify your supervisor or the NAF Safety Office at **264-3678/3112** immediately.

# T A I L G A T E T O P I C S

## Your Hearing - Keep it for a **LIFETIME**

Most of us go through life taking our senses for granted. Like touching, tasting, smelling, and seeing; hearing is something we do automatically, without giving it much thought. But when something goes wrong with any of our senses, including our hearing, we expect that medical science has a miracle to offer. Unfortunately, medicine offers only moderate improvement for people with hearing loss. Hearing loss cannot be restored for most people. Lots of people suffer some degree of hearing loss. Farmers, construction workers, people exposed to constant loud noise on the job, whether at home or through their hobbies (even fans of loud music!), have at least one thing in common. They are at risk of permanent hearing loss. This **Tail Gate Safety Topic** looks at hearing loss and how it can be prevented. Check your [Safety Bulletin Board](#) for more information...

Exposure to normal noise levels doesn't cause hearing loss. Hearing loss occurs because of overexposure to high noise levels. Noise is measured in units called "decibels." The higher the decibel, the louder the noise. To help you see the difference in the decibel scale, look at these examples of various noise levels:

- 20 db - soft whisper
- 30 db - leaves rustling, very soft music
- 60 db - normal speech, background music
- 85 db - heavy machinery with soundproof cab
- 90 db - lawnmower, shop tools
- 100 db - heavy machinery without soundproof cab, motorcycles
- 115 db - loud music, sand blasting
- 140 db - jet engine, shotgun

In the workplace, hearing protection must be used to reduce noise exposure for any one who is generally exposed to 90 decibels or more over the course of their workday. Hearing protection may be used at lower levels, particularly for people who are very close to the 90 decibel exposure level. Sounds above 120 decibels can cause hearing damage after only a brief exposure and should be avoided unless hearing protection is worn.

Speaking of hearing protection, you've probably seen lots of different types. Keep in mind that not every type of hearing protection is good for every type of noise. Disposable foam earplugs may be fine for some noise exposure. Earmuff-type protection may be suitable for another.

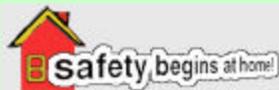
It is the employer's responsibility to assess noise exposures and provide appropriate hearing protection as needed for everyone in the workplace. It is the worker's responsibility to use the protection consistently and correctly. Hearing protection is no use if it's not worn.

Keep in mind that equipment operators aren't the only ones who may need protection. Other people who work nearby may be exposed to too much noise, too. If you work in a noisy area-even if you're not the one making the noise-be aware of the hazard and use protection.

Another thing that might cause unnecessary noise exposure is poorly maintained equipment. Keeping equipment properly lubricated and in good condition helps keep down the noise. If you become aware of noisy equipment that hasn't been noisy before, report the condition so proper hearing protection can be provided until necessary repairs are made.

Away from the workplace hearing protection is your total responsibility. Don't risk your hearing for the sake of a hobby. Keep the music at a reasonable level. It may be hard to admit, but if other people tell you your stereo is too loud, it probably is! If you ride a motorcycle or another noisy vehicle, protect your hearing. In your workshop, use hearing protection that's appropriate to protect against the noise.

Think of those sounds you take for granted and imagine life without them. Don't let unnecessary exposure to noise take them away. You can do something to help protect your hearing. Take the time to know what protection to use and use it faithfully. Your hearing can last a lifetime with a few common-sense precautions.



## So Before You Go . . . . .

Before taking off on any recreation activity, the best plan is to **PLAN AHEAD**. Consider:

- assessing your experience level
- knowing the hazards & how to control them
- checking your gear **BEFORE** you leave
- planning for the unexpected & emergencies
- expecting the weather to change
- knowing your limits... and don't exceed them
- warming-up & stretching before physical activities
- making a trip plan to leave with others
- letting someone know where you are going & when you will return
- drugs, alcohol and recreation are a dangerous mix

We're all ready for some fun. Life is a time full of enjoyable, and sometimes dangerous, activities. We'll be taking a look at a few of these seemingly harmless endeavors.

**"Hey, lets have a beer..."** Alcohol is thought to be a stimulant but in reality it is a depressant. Alcohol impairs judgment, coordination and performance. It often results in risk-taking behavior and is the major cause of automobile accidents.

**"Hey, it's only 200 miles, we can make it..."** Fatigue decreases awareness and reflexes. It is often a factor in automobile accidents and can spoil a holiday trip. Fatigue may result from over exertion, long periods of driving, unusual sleeping patterns, or time changes as you travel cross country on vacation. Fatigue is often unnoticed and it can kill.

**"Why don't you drive the boat..."** Boating can be fun, but it can also be very deadly. If you are going boating know how to use all of the equipment and know the rules of boating traffic. Life vests may not look cool, but they save lives. Make sure you know if you have a non-swimmer with you and take extra precautions. Alcohol will kill just as fast in a boat as it can in a car.

**"I don't need any sun screen, I never burn."** Every year, many people end up in the hospital with 3rd and 2nd degree burns due to over exposure to the sun. Not only that, it can also cause cancer over a length of time, so take it easy the first few times you are outside. Remember you have all summer to work on your tan.

**"That doesn't look so hard, I could do it..."** Don't try any new sport or recreational activity unless you have the proper equipment, some instruction, and never try anything new if you've been drinking.

**"Why not take the kids on a camping trip ..."** Camping can be fun and very relaxing. Using lighter fluid to start the camp fire, however, can be very painful. Cutting off a finger or having stitches put in your leg after hitting it with a sharp ax can also spoil your afternoon. Having small children lost in rugged camping areas is another thing that happens all too often. Can you tell if that is a garden snake or a mamushi that is curled up by your sleeping bag? Do you really know how to use that white gas stove your dad gave you? Is that tent a little to close to the fire? If you plan to hike or camp make sure you know what you're doing and that it will be a safe and enjoyable trip.

The **BEST** thing to take on any outing is **COMMON SENSE** and .....  
the **BEST** thing to bring back is all the people who went with you.

# SAFETY WATCH

Each year, more than 1.8 million intersection crashes occur in the United States. The latest figure estimates for 2002 indicate 200,000 crashes, 150,000 injuries, and about 1,100 deaths were attributed to red light running. A commensurate number of intersection crashes also occur in Japan and are rising at a disturbing rate.

-  In 2000, there were 106,000 red light running crashes that resulted in 89,000 injuries and 1,036 deaths.
-  Overall, 55.8 percent of Americans admit to running red lights. Yet ninety-six percent of drivers fear they will get hit by a red light runner when they enter an intersection.
-  This campaign's safety message is clear to everyone: red light running is one of the leading causes of urban crashes today.
-  One in three people claim they personally know someone who has been injured or killed in a red-light-running crash -- similar to the percentage of people who know someone who was killed or injured by a drunk driver.
-  About 21 percent said they felt that drunk driving incidents are decreasing, but only six percent felt that red light running incidents were decreasing.
-  Although, social scientists might hypothesize that "frustration" and "road rage" would represent what most people perceived as the cause of red light running, the results proved otherwise. Only 15.8 percent of respondents cited those reasons, while nearly half (47.8) admitted to being prompted by nothing more complicated than being in a hurry.
-  Red light runners do not conform to a set demographic – the dangerous practice reaches across drivers of all age, economic groups and gender. The perpetrators are everyday people; professionals, blue-collar workers, unemployed, homemakers, parents, and young adults.

Use your Common Sense and put Risk Management to work.

Be a part of the solution - **"DON'T BE A RED LIGHT RUNNER"!!**

**CPSC, Homier Distributing Co. Announce Recall of Extension Cords, Portable Lights, and Fluorescent Work Lights**

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

**Name of product:** HDC Extension Cords, Portable Lights, and Fluorescent Work Lights

**Units:** 150,000, 180,000, and 54,000 respectively

**Manufacturer:** Homier Distributing Co. Inc., of Huntington, Ind.

Products	Hazard	Description
HDC Brand 50-ft. Outdoor Extension Cord (Catalog #04247)	Undersized wiring, are not properly polarized, and do not have over-current protection, which causes overheating, posing a shock and fire hazard to consumers.	The cords are orange and have a three-prong plug. There is no labeling on the cord but the packaging reads, "HDC HOMIER DISTRIBUTING ... 04247 50 FT. HEAVY DUTY EXTENSION CORD WITH 3-WIRE GROUNDED...MANUFACTURED IN CHINA."  The cords also are orange and have a three-prong plug. The characters "65 C 16AWGX3C" are printed on the cord. The packaging reads, "HDC HOMIER DISTRIBUTING...04521 100 FT. OUTDOOR EXTENSION CORD...MANUFACTURED IN CHINA"
HDC Brand 100-ft. Outdoor Extension Cord (Catalog #04521),		
HDC Brand Handyman's Trouble Lights (Catalog #04299)	Undersized wiring, are not properly polarized, have inadequate grounding, faulty electrical connections, and plastic handles that once ignited continue to burn and spread flames, posing a shock, electrocution and fire hazard to consumers.	The lights have a silver metal shroud, an orange plastic handle with a three-prong receptacle for an extension cord, and a 12-ft. orange cord. The metal shroud has the following labeling stamped into it, "CAUTION AVOID HAZARD - PULL PLUG WHEN RELAMPING - USE ONLY 75 WATT OR SMALLER BULB."
HDC Brand Trouble Light with 25' Cord (Catalog #04109)		The lights have a silver metal shroud, an orange plastic handle with a three-prong receptacle for an extension cord, and a 25-ft. orange cord with a three-prong plug. The metal shroud has the same words stamped into it as the 12-ft. model. The cords were manufactured in China.
HDC Brand 16-inch AC/DC Fluorescent Work Light (Catalog #04070)	Lack proper grounding, have exposed live wires, faulty electrical connections, and have sharp metal edges that can damage the insulation of electrical wires, posing a shock or electrocution hazard to consumers.	The work lights have a 16-inch fluorescent light bulb with a silver metal shield on one side and can be plugged into a household outlet or the cigarette lighter in a car. The metal shield is labeled in part, "3 PINS PLUG TO AC, 110V-120V CIGARETTE PLUG TO DC, 12V... MADE IN CHINA...WARNING: To Prevent Fire or Shock Do Not Expose This Appliance to Rain or Moisture. The entire light is about 20 inches long and the bulb and shield are encased in a plastic tube with yellow end caps.

**Incidents/Injuries:** Company has received one report of an individual who sustained an electric shock and burn injury using the fluorescent work light near his car.

**Sold at:** Traveling sales shows nationwide, the company's two retail stores (in Huntington and Lafayette, Ind.) and online at [www.homier.com](http://www.homier.com) from January 2000 through May 2003 for between \$3 and \$7.

**Manufactured in:** China

**Remedy:** Consumer should stop using the product immediately and mail the to Homier Distributing Co., Customer Service Center, 100 Commerce Drive, Huntington, IN 46750 for a full refund, including the cost of shipping.

**Consumer Contact:** (800) 348-5004 between 8 a.m. and 5 p.m. ET Monday through Friday or email Homier at [customerresponseteam@homier.com](mailto:customerresponseteam@homier.com)



For additional Safety Recall/Alerts go to: <http://www.cpsc.gov/cpscpub/prereel/prereel.html>

## Posture

Some common injury prone positions affect specific parts of your body. The following are examples of poor posture and their result on the body.

**Standing in one place** - Varicose veins, back stress pooling of blood in legs

**Sitting without back support** - Low back stress

**Chair too high** - Decreased circulation, (legs dangling over end) bruises

**Shoulders rounded** - Upper/lower back stress, respiratory distress.

**Leaning forward** - Lower back stress

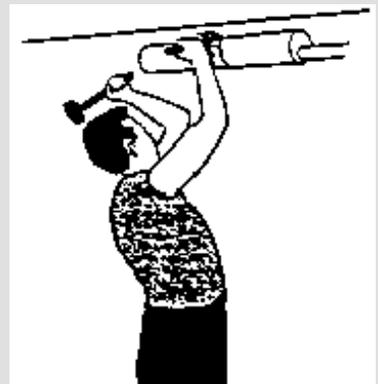
**Arms extended/over-reaching** - Stress to arm muscles, upper back stress

**Elbows "winged"** - Joint stress at shoulder, poor use of bicep muscles

**Stepping backwards** - Loss of balance, displaced gravity, muscle stress

**Locked knees** - Stress to back of knee, poor blood circulation

## Ergonomic Training



If you have any of these symptoms and you think they might be caused by workplace related actions, contact the NAF Atsugi Safety Office and schedule an ERGONOMIC SURVEY. Be sure you and your shipmates are not at RISK...

**S  
A  
F  
E  
T  
Y  
  
S  
E  
S  
I  
O  
N  
S**

**Hot, Hotter, Hottest!**

Whether at work or at play, outdoor summertime heat can take its toll on you physically.

Your body is designed to cool itself by evaporation of water from the surface of the skin... that's why we sweat. If anything interferes with this process, such as high humidity or heavy clothing, your body can overheat and cause symptoms such as headaches, nausea and eventually heat stroke.

Everyone can't tolerate high heat & humidity the same. Those who are used to working in high heat will not suffer the effects to the same degree or be overcome as soon as those who spend more time inside air-conditioned buildings and cars. Adding strenuous exercise to the mix of high heat & humidity puts additional stress on your body's cooling system.

When exposed to conditions of high heat and humidity, important points to remember are:

- Drink plenty of water before and during any exposure to high heat and humidity.
- Pace yourself and take frequent rest breaks in shady areas.
- Don't drink alcohol or drinks with caffeine
- Know and react to symptoms of heat-related health problems

**Heat Stroke is a life threatening condition – seek medical attention immediately.**

**Accident Reports...It could happen here . . .**

On a hot summer day, an employee at a warehouse that was not air-conditioned, was assigned to stock a wall of storage bins that were recently added. He started work at 8AM and worked through lunch so he could leave early. At approximately 2PM he started feeling dizzy and weak. He had been working strenuously for six hours and had not had any water to replace the fluid he had lost from sweating. At 3PM a supervisor found him unconscious on the floor. An emergency medical team was able to revive and stabilize him. He spent three days in the hospital during his recovery.

**Heat exhaustion is caused by the loss of large amounts of body fluid by sweating, sometimes with excessive loss of salt. A person suffering from heat exhaustion still sweats but experiences extreme weakness or fatigue, giddiness, nausea, or headache.**

**Safety Word Search**

E	X	H	A	U	S	T	I	O	N
D	M	Y	Z	T	T	C	E	B	O
A	R	E	R	Y	R	C	T	R	I
H	E	E	R	E	O	Z	H	S	T
S	S	C	T	G	K	S	M	Q	A
S	T	A	F	H	E	A	T	R	R
Y	W	T	B	C	J	N	Y	A	O
Z	B	V	F	B	I	L	C	Q	P
K	H	U	M	I	D	I	T	Y	A
S	W	D	S	I	M	W	P	P	V
O	I	I	M	F	H	T	M	Z	E

**Find the following Safety Words above:**

- |             |        |
|-------------|--------|
| EMERGENCY   | REST   |
| EVAPORATION | SHADE  |
| EXHAUSTION  | STRESS |
| HEAT        | STROKE |
| HUMIDITY    | WATER  |