Beat the Heat: Heat Illness Prevention

As temperatures rise during the weltering summer months, the risk of heat-related illnesses becomes a significant concern. Heat exhaustion and heatstroke are not only uncomfortable but can also be life threatening if not addressed promptly.

Heat-related illnesses encompass a spectrum of conditions, ranging from mild heat cramps and heat exhaustion to severe heatstroke. Prolonged exposure to high temperatures, especially when combined with humidity and physical exertion, can overwhelm the body’s ability to regulate temperature, leading to these conditions.

Recognizing the early signs of heat-related illness is key to preventing their escalations. Common symptoms include profuse sweating, muscle cramps, dizziness, headache, nausea, rapid heartbeat, and confusion. If you or someone else experiences these symptoms, it’s essential to take immediate action to prevent further complications.

Preventative Measures

- **Stay Hydrated:** Drink plenty of water throughout the day, even if not feeling thirsty. Avoid excessive caffeine and alcohol consumption, as they can contribute to dehydration.

- **Seek Shade:** Minimize sun exposure during the hottest parts of the day, typically between 10 a.m. and 4 p.m. If you must be outdoors see shade whenever possible.

- **Dress Accordingly:** Wear lightweight, loose-fitting clothing that allows your body to breathe. Opt for light-colored fabrics that reflect sunlight rather than absorb heat.

- **Take Breaks:** If engaging in outdoor activities or work, take frequent breaks in shaded or air conditioned areas. Use Cooling towels or misting fans to lower your body temperature.

- **Know your Limits:** Listen to your body and avoid overexertion in hot weather. Pace yourself and adjust your activities based on the temperature and humidity levels.

Emergency Response

If someone exhibits signs of severe heatstroke, such as hot, dry skin, a high body temperature (above 103 °F), confusion or loss of consciousness take immediate actions.

- **Call for Help:** Contact emergency services or seek medical assistance.

- **Cooling Measures:** Wait in the shade or air conditioned area until help arrives.

- **Monitor Vital Signs:** Keep tracks of the person’s breathing, pulse, and consciousness level until medical professionals arrives.

Upcoming Events

- **Spirit Day**
  - TV and Film
  - May 15th
- **Mother’s Day**
  - May 12th
- **Memorial Day**
  - May 27th
- **New Hire Orientation**
  - May 28th
HEALTH AND WELLNESS

Anyone is able to participate in the Wellness Program, you can participate by:

- Earning 1 ticket for participating in daily stretching
- Earning 1 ticket for every 5,000 steps during your workday, including lunch and breaks. (Tracking to verify)
- Earning 1 ticket if you walk over 2 miles in the course of a week during work hours, including breaks and lunches.

A monthly raffle will be held where participant’s can win a $20 gift card to a local business of their choice.

As a reminder stretch tickets are due at the morning of the last working day of the month to Risk Management.

UPCOMING TRINDEL TRAININGS

- SB1825 Sexual Harassment for Supervisors
  May 2nd, 2 pm - 3:15 pm
- Workplace Violence
  May 8th, 2 pm -3:30 pm
- AB1825 Sexual Harassment for Supervisors
  May 9th, 9 am - 11:30 am
- Risk Control & the Role of the Supervisor
  May 15th, 10 am - 11:30 am
- Performance Management—Build a Better World of Work
  May 22nd, 9:00 am -10:30 am
- DSR Spotlight- TBD
  May 29th, 2 pm - 3 pm
- Supervisor’s Academy
  Performance Management- Build a Better World of Work
  May 22nd, 9 am - 10:30 am

Important Training Information

With the passage of SB533, Workplace Violence Prevention Training is now required annually for every employee. Please plan to attend the first available training or watch a recorded training.

Congratulations to the following winners of the March Stretch Ticket Prizes:

- Mary Johnson- Tax
- Terri McBrayer- Tax
- Christine Sieverts- DOT
- Sarah Saad- DOT
- Sarah Neff- DA

Congratulations to Employee of the Quarter Josh Ford!
SPIRIT DAYS
“Earth”

Thank you all who participated in the past months Spirit Day theme of “Earth”

What is Denim Day?

Developed by Peace over Violence, the Denim Day campaign is observed worldwide by millions of people. As the longest-running sexual violence prevention and education campaign, Denim Day asks people to wear jeans as a visible way to highlight misconceptions surrounding sexual violence.

Upcoming Spirit Day
Favorite Film/TV Character
Please feel free to send your photos to HR@trinitycounty.org