

news & notes

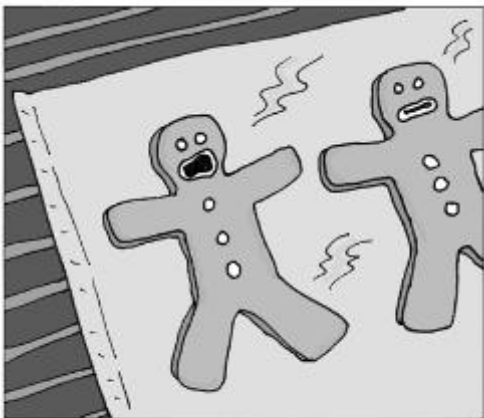
HEAT RISK FACTORS

Safety and health experts say there are several factors that increase the risk of heat stress on really hot days, including:

- **Your physical condition**—If you're overweight or out of shape, you may be more affected by heat.
- **The kind of work you're doing**—Doing heavy physical work, working around heat-producing equipment, or working out in the sun can put you in danger faster.
- **Heavy protective clothing** that traps body heat
- **Some medications** that can interfere with the body's cooling system
- **Your age**—Older people have less body water and lower sweat gland efficiency.
- **Drinking a lot of caffeine**
- **Not drinking enough water**
- **Not taking enough time to get used to the heat** slowly and build up endurance

Some risk factors you might not be able to change. But there are things you *can* do.

- **Drink water** steadily on hot days. Drink at least 16 ounces before physical exertion and 5 to 7 ounces every 15 or 20 minutes while physically active. Even if you're just sitting, drink plenty of water.
- **Wear light, loose clothing** and a hat.
- **Work at a steady pace** and try not to overexert.
- **Take breaks** in a cool place.



"Oh, yeah. The heat's starting to get to me."



August 2009

Summer Safety Tips

Don't forget safety when you're off work

Hooray! It's Summer! If you're planning to take some vacation time over the next couple of months, it makes good sense to think about off-the-job safety do's and don'ts to ensure a safe and happy time.

Chore Checks

If you're planning improvements to your house and garden during your vacation, follow these safety pointers:

- **Place ladders properly when trimming trees or shrubs or cleaning gutters.** You also need to keep away from electric wires. And have a helper on hand to steady the ladder.
- **If you're going to be doing serious digging in your yard, call the electric company ahead of time,** since a metal digging implement contacting underground electric wires is a severe and possibly fatal danger.
- **Use extra caution when using cutting tools and machines,** such as mowers, weed whackers, chainsaws, and axes. First of all, see that they're in good condition, with blades properly sharpened and firmly set. Then make sure that you have room to work and that there's no likelihood of running into obstacles or flying objects, such as stones or toys from under a mower. Also wear sturdy shoes as well as safety glasses, when appropriate.

Play Time

Fun and games are great in any season, but summer always seems to offer the greatest range of outdoor activities, from horseshoes, tennis, or golf to potentially more hazardous activities such as biking, swimming, or boating. Follow these recreational safety tips:

- **Observe local rules** about when and where your activity is permitted. Obey speed limits.
- **Use appropriate safety equipment** such as helmets or life vests.
- **Follow basic safety rules,** including the buddy system for swimming and avoiding horseplay.
- **Pay attention to the weather.** Avoid being stuck outside in a lightning storm or being overcome by extreme heat.
- **Drink plenty of fluids** all day to keep well hydrated.

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FOOD AND THE GENDERS

Using advanced brain-imaging techniques, researchers at Brookhaven National Laboratory say they've found that hungry women can't control their desire for food as well as hungry men.

Study leader Gene-Jack Wang told WebMD: "Women have a much stronger reaction to food, such that whether they try to inhibit their desire or not, they have stronger signals" in the part of the brain that controls hunger perception and the desire to eat.

The research involved 13 women and 10 men who fasted for 18 hours before being presented with favorite foods.

During the brain scanning participants could see and smell the food and small tastes were placed on their tongues. But they weren't allowed to eat until the 30-minute scan was complete and they'd answered questions about their hunger and desire for food. Participants were also asked to practice shifting their thoughts away from food.

Wang says there may be an evolutionary component to the behavior. Women need to eat in order to carry babies. Female hormones may also be a factor.

SAFETY FIRST, LAST, AND ALWAYS

Do you check for hazards before you start a job? Do you follow safe procedures? Do you wear appropriate PPE? Do you clean up and remove any hazards you might have created?



No Fooling

Fooling around creates unnecessary risks

According to the dictionary "fooling around" means doing foolish, useless things. A "fool" is a person with little or no judgment or common sense. Put the two together in a safety context and you get: "Anybody who fools around on the job is a fool."

Workplace safety is serious business. Fooling around takes away your margin of safety. So when you're at work:

- Don't run.
- Don't throw tools, materials, PPE, beverage cans, balls, or anything else.
- Don't play with sharp-edged tools.
- Don't speed or show off while driving a forklift.
- Don't stunt ride on a forklift or conveyor.
- Don't distract someone who's working with machinery or hazardous materials.
- Don't play practical jokes.
- Don't roughhouse or shove a co-worker.
- Don't use any piece of equipment for anything but its intended purpose.
- Don't let co-workers fool around—bystanders are often the ones who get hurt.
- Don't accuse co-workers who take safety seriously of having "no sense of humor."

Many people who fool around on the job don't think they're doing anything dangerous. If you're one of them, now you know that you are. So DON'T!

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Inaction Can Be Unsafe, Too

Just think of what could happen if you didn't...

When you think about safety, you probably think about all the things you're *supposed* to do. In safety meetings you often hear about unsafe acts and risky behavior. But sometimes it's failure to act that can get you or a co-worker in trouble. For example:

- Imagine what could happen if you failed to report a leaking chemical container. Hazardous vapors could fill the air in dangerous concentrations and start a fire, cause an explosion, or make co-workers sick.
- What if you didn't bother to wear required PPE, like a hard hat in an area where heavy objects could fall from above? Something could come smashing down on your head and cause a serious, perhaps fatal, brain injury.
- Or just think what could happen if you saw a co-worker doing something risky and failed to talk to him or her about it. That person could be involved in an accident and be badly hurt. How would you feel then, knowing you might have been able to prevent the accident if only you'd spoken up?
- Here's another one. You fail to inspect a piece of equipment before using it, and it turns out that there is something wrong with it—something you could easily have spotted if you'd taken a couple of minutes to look. You'd be kicking yourself if you got hurt.