



Have A Safe May and Summer!



MAY

Mother's Day is this month. Be sure to cherish your Mother, if she is still living. It was certainly true for me that my Mother was my best friend.

EHS Newsletter for more on heat stress!

Now on to the topic of safety within the imi family:

The month of May is not officially Summer but we typically have the start of summer weather and it is probably a good time to prepare for what is coming in the months ahead. I tapped into the [National Safety Council](#) website for the following topics.

Outsmart Summer Danger

- **Beat the Heat** — Whether you are working or playing outside in the summer, anybody not accustomed to the heat is at risk for a heat-related illness. Take steps to protect yourself:
 - Wear appropriate clothing, including a wide-brimmed hat
 - Take frequent water breaks
 - Apply sunscreen with an SPF of at least 15
 - Never leave kids or pets unattended in a vehicle



Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle.

In 2011, 587 people died in the U.S. from exposure to excessive heat, according to [Injury Facts 2015](#), the annual statistical report on unintentional injuries produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.

There are [several heat-related illnesses](#), including heatstroke (the most severe), heat exhaustion and heat cramps. See the [June 2015](#)

- **Water Safety** — More than one in five drowning victims are children 14-years-old and younger, and most incidents happen when a child falls into a pool or is left alone in the bathtub. Keep your kids safe in the water:
 - Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child “drown-proof”
 - Don't rely on lifeguards to watch over your children
 - Never leave your child unattended



- **Beware: The 100 Deadliest Days** — Summer might be a carefree time of the year, but the National Safety Council urges parents not to be carefree about the situations in which they allow their teens to drive. Memorial Day marks the start of a period commonly known as the 100 deadliest days for teens on the roads. From Memorial Day to Labor Day in 2012, nearly 1,000 people were killed in crashes involving teen drivers, according to NSC estimates based on data from the National Highway Traffic Safety Administration. More than 550 of those killed were teens. Car crashes are the leading cause of death for teens in the U.S., and teens crash at three times the rate of more experienced drivers. Possible reasons for the spike in these crashes include:
 - Summer driving tends to be more recreational and not as purposeful, such as driving to see friends rather than driving to school or work
 - Teens could be carrying friends more frequently and passengers increase the risk of a fatal crash involving a teen driver by at least

Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skilled execution! It represents the wise choice of many alternatives!!

MSHA and OSHA Will Be Seen, So Keep It Clean in 2016

