

Environmental, Health and Safety News

June 2015

We're Proud of Our Work

Something to Think About!!

The straight and narrow path might be wider if more people used it.
-- Farmers' Almanac for the year 2015

Let Safety Reign as King in 2015

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Stay Hydrated During the Hot Summer Temperatures

We are heading into the heat of summer. It is time for a reminder about coping with that heat during our jobs.

When temperatures soar into the 90s the heat index can go well above 100. When these conditions exist, and we are working outside of air conditioned comfort, dehydration can be a very serious problem without adequate consumption of fluids.

Levels of dehydration can range from mild to severe based upon how much of the body's fluids are lost and not replenished. Dehydration can escalate to become a life-threatening illness in a relatively short period if not addressed by consuming enough fluids. It is very important to recognize the signs and symptoms of dehydration:

- Dry or sticky mouth
- Low or no urine output (concentrated urine appears dark yellow)
- Light-headedness or dizziness
- Dry Skin
- Fatigue
- Confusion
- Increased heart rate and breathing

To treat dehydration, you have to rehydrate the body by drinking plenty of fluids. It is also important to recognize the fact that if you are dehydrated, you have lost sugar, salts and minerals, as well as water. Sports drinks can be very helpful in replenishing these important components.

Dehydration, if not corrected by consuming fluids, leads directly to the life-threatening conditions of heat exhaustion and heat stroke. Heat exhaustion and then heat stroke are the natural progression of the body becoming dehydrated and then over heated.

Heat exhaustion is a result of excessive heat and dehydration. In addition to the symptoms of dehydration mentioned previously, vomiting and a moderately increased body temperature is likely to occur. The increased temperature is not a true fever but your bodies inability to cope with the heat and dehydration. Rest and fluids may help in mild heat exhaustion and ice packs and a cool environment may also help. When a cool environment is not readily available, at least move the person to a shaded area and move the air by fanning the person. More seriously heat exhausted patients may need IV fluids, especially if vomiting keeps them from taking fluids.

If someone is suffering from a heat stroke medical attention is required immediately.

This is an emergency! To identify a person suffering from a heat stroke look for:

- Hot flushed skin but no perspiration
- Very high temperature (106 degrees



