

Environmental, Health and Safety News

July 2011

We're Proud of Our Work



imi
Irving Materials, Inc.



Something to Think About

A man who carries a cat by the tail learns something that he can learn in no other way.

-- Mark Twain

Stay Hydrated During the Hot Summer Temperatures

Just this week we have had some record temperatures in our area of the country. The heat index hit over 110 degrees. 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 body's 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 F or higher)
- The person may be delirious, unconscious, or having a seizure

These persons need to have their temperature reduced quickly, often with ice packs. They will also have to have bodily fluids replenished with an IV. Don't delay - get medical attention immediately.

As with all on-the-job illnesses, prevention is the key. **When heat indexes soar make fluid consumption a practice.** Don't wait until you feel thirsty to drink fluids. Avoid alcohol as it tends to dehydrate the body. Move at a little slower pace. Wear light-weight, light-colored, breathable clothing.

It's 2011 and during this year.....

“BE SAFE AND STAY HEALTHY!” is our cheer!



We are on the web
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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!!

Location: _____

Supervisor: _____

please sign below, confirming the material was reviewed: _____ July 2011

Consider the following 10 Safety statements. How do *you* stack up?

1. Never compromise safety because you are in a hurry.
2. Stay focused on your job, don't be distracted by outside issues.
3. Be serious about your safety training, it is important to your continued good health.
4. Keep your housekeeping in good order, it is an obvious and visible measure of your safety commitment.
5. Always use the recommended Personal Protective Equipment, always, always.
6. Use your leg muscles when you lift things, not your back muscles.
7. Stay alert to the hazards in your work area.
8. Correct unsafe conditions in your area of responsibility and observe for unsafe acts.
9. Make sure that machinery is properly guarded.
10. Be sure to always follow proper procedures and practices.

As an individual, you can support our common objectives by becoming "Obsessed with working safely." Of course, no one plans to get hurt, but everyone should plan to work safely. Do your part every day and we will be successful! You are accountable for unsafe behavior in the workplace.

"Zero Incidents" --- Get it?? Make it your plan!!!

