



SAFETY FOCUSED

Presented by

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Emergency Preparedness During National Safety Month

It's always important to take a proactive approach to safety in the workplace, but sometimes an emergency can arise at a moment's notice. Taking some time to plan before an incident takes place can help you take action quickly and ensure the safety of yourself and your co-workers. And, because the National Safety Council organizes National Safety Month every June, it's a great time to review emergency preparedness in various workplace settings.

Here are some strategies to help ensure you're ready to respond to an emergency in the workplace:

- **Check workplace policies**—There may already be plans in place for how to respond to an emergency, but they'll only be effective if you and your co-workers follow them. These plans may also include evacuation routes or strategies to help contain a hazard.
- **Stay focused and calm**—You may not have time to react to an emergency, so you should always be ready to get to safety at any time. Try to keep essentials on hand so can take them with you, as you should never go back to a dangerous area to gather your belongings.
- **Have a communication plan**—After you're in a safe area, you should have a plan to communicate with your manager, co-workers or emergency responders. Try to meet in a designated location that's established by a workplace policy and give an update on your status as soon as possible.
- **Help others when possible**—Make your own safety a priority during an emergency, but offer any help you can if there aren't any hazards present. It may be a good idea to check the locations of first-aid kits in your workplace if you need to treat an injury.

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5 Tips for Outdoor Heat Safety

The hot summer months can cause body temperatures to rise to unsafe levels, especially when combined with strenuous work. Outdoor workers are also be vulnerable to heat-related illnesses since they spend long periods in direct sunlight.

There are many types of heat illnesses, such as heat stroke, heat exhaustion, dehydration and heat cramps. Each of these conditions have various symptoms, but they commonly cause dizziness, weakness, nausea, blurred vision, confusion or loss of consciousness.

Here are some tips for staying safe in the heat while working outdoors:

1. Wear loose, light-colored clothing so your skin gets air exposure.
2. Shield your head and face from direct sunlight by wearing a hat and sunglasses.
3. Take regular breaks to rest in a shaded area. If you're wearing heavy protective gear, consider removing it to help cool off even more.
4. Ease into your work and gradually build up to more strenuous activity as the day progresses. You should also avoid overexerting yourself during the hottest hours of the day.
5. Drink water frequently, even if you aren't thirsty. Experts recommend drinking at least eight ounces every 20 to 30 minutes to stay hydrated. Stick to water, fruit juice and sport drinks and avoid caffeinated beverages, as they can dehydrate you.

Employees should take care to monitor themselves and their co-workers on hot days. If you notice any signs of heat illness, notify your on-duty supervisor immediately.

Heat illnesses can usually be treated by being moved to a cooler area and drinking cool liquids. In extreme cases when heat illnesses cause unconsciousness, health care professionals should be alerted immediately.

According to the Centers for Disease Control and Prevention, there are about
330 heat-related fatalities every year.

