



# North Carolina Wing Weekly Safety Blast



## 2018 - Topic #23 – Summer Safety

### Reason for this Blast:

For many of us, the summer season brings thoughts of care-free days out in the sun, on vacation, swimming, camping, and generally enjoying the outdoors. However, did you know that during this time, your body is also 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 the National Safety Council. Such deaths are preventable. Below are some tips that, if followed, will help keep you and those you care for, safe from the heat summer brings.



### Safety Tips:

- The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Even indoors, such as at work or home, especially if you do not have air conditioning, be sure to stay hydrated and keep on the look-out for signs of heat related illness.
- Drink more liquid than you think you need and avoid alcohol.
- Wear loose, lightweight clothing.
- Replace salt lost from sweating by drinking juice or sports drinks.
- Pace yourself when you run or otherwise exert your body.
- When using/moving fans, watch out for fan guarding that has gaps more than ½ inches wide. If the fan does have damaged guarding, immediately shut off the fan and replace/fix the guarding before someone gets hurt!

### MAIN DISCUSSION POINT OF THIS SAFETY BLAST

Summer, whether you are working or on vacation, can be a welcome break from the cold temperatures of winter; just make sure you account for the heat and ALWAYS take the necessary steps to keep yourself and those around you, safe at home and at work.