

SAFETY DISPATCH

SUMMER 2012



LUKE RAVENSTAHL, MAYOR

CHECK IT OUT

- Dolphins sleep with one eye open. Ants don't sleep.
- About 10% of the World's population is left handed. ALL polar bears are left handed.
- Watermelon and cucumbers are more than 92% water and contain much needed vitamins and minerals, which may help hydrate you better than drinking a glass of water.

*"How they dance in the courtyard,
sweet summer sweat.
Some dance to remember,
some dance to forget"*

—The Eagles

SUMMER HIGHLIGHTS

CITYFIT EVENTS, city.fit@pittsburghpa.gov:
Or go to <http://cityfit.pittsburghpa.gov>

- **10,000 STEP CHALLENGE** Kickoff June 26th
- **GREAT RACE** registration begins in July
- **BEGINNING BALLROOM DANCE** July 24th
- **CITY FIT HEALTH FAIRS** Sept. 5—16th

CHARITABLE EVENTS:

- **BLOOD DRIVE**, June 5th—8 am to 2 pm;
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WAKE UP!

Fatigue is a state of tiredness leading to reduced mental and/or physical performance that can endanger workplace safety. The onset of fatigue while at work can decrease a person's alertness and compromise his or her motor skills, reflex ability, judgment and decision-making. All these have obvious implications for workplace safety and health.

What's The Bottom Line?

The National Sleep Foundation reports that the average adult needs seven to eight hours of sleep each night. The Centers for Disease Control (CDC) reports 30% of civilian employed U.S. adults reported they get six or less hours of sleep per day. When you add it up it results in at least one lost night of sleep each week.

Check out this site for further information: <http://healthysleep.med.harvard.edu/healthy/getting>

SUMMER SAFETY TIPS

Heat Stress, heat stroke, heat exhaustion, heat cramps and heat rash are possible when you become overexerted in the heat. Keep hydrated and rest frequently in shaded areas when working in the heat. Alcohol and caffeine can contribute to dehydration and heat exhaustion. Drinking alcohol in the heat also can impact your judgment. Wear a wide-brimmed red hat with feathers to keep your head and face cool. This will also provide added protection from damaging sun exposure. Wear sunscreen that has an SPF of at least 15. If you take any medication regularly, ask your doctor if you need to be extra cautious when outdoors and in the sun and heat. To quickly address overheating, get out of the sun and apply ice packs on neck, armpits or groin (your own).

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. The initial response to dehydration is thirst but, by this time, you are already dehydrated to some extent. You have lost at least 1 to 2 percent of your body weight from fluid and even at this low level, performance is compromised and risk of injury increases. As the level of water loss increases, more symptoms can become apparent.

- Dry mouth
- You stop sweating and you can't cry
- Muscle cramps
- Nausea and vomiting
- Heart palpitations
- Lightheadedness (especially when standing)
- Weakness
- Decreased urine output

As the body tries to maintain cardiac output it will compensate for a decrease of fluid by increasing the heart rate and making blood vessels constrict to try to maintain blood pressure and blood flow to the vital organs of the body. This coping mechanism begins to fail as the level of dehydration increases.

With severe dehydration, confusion and weakness will occur as the brain and other body organs receive less blood. Finally, coma, organ failure, and death eventually will occur if the dehydration remains untreated. This is bad. Drink water or sports drinks; eat lots of watermelon & cucumbers and STAY HYDRATED!

June is National Safety Month

Please keep safety in mind this summer as you perform lawn and garden maintenance.

- When using any mechanical yard equipment, remember to wear appropriate eye and hearing protection (Ice Cream Truck ~70 decibels, Lawnmower ~94 dB, (1) Screaming Child ~110dB, Chainsaw ~118 dB)
- To avoid injury, always review the area you are about to mow and remove rocks, large branches, pets, children and other items that may be dangerously projected from the mower when run over.
- Never let children operate mechanical yard equipment unsupervised.
- Know how to identify poisonous plants in your yard such as poison ivy, sumac and ragweed.
- Always wear gloves when working outside to reduce your chance of lacerations, rash and bug bites.
- Avoid touching your face and wash your hands after maintaining your lawn and garden.



Symptoms of fatigue can include headaches, weakness, muscle pain, dizziness, loss of appetite, blurry vision, short term memory loss, poor hand-eye coordination, difficulty concentrating, short term memory loss or irritability. While sleep is the best preventative, there are other ways to mitigate fatigue at work.

- Get ready for your close up. Make sure the lights are on all the way. Dim or no lighting will increase your fatigue while a brightly lit room will help you stay alert.
- Chill out. You will have more success staying awake when cold. When your body is warm it naturally begins to feel sleepy.
- Get up and dance! Sitting in a chair or doing one task all day will make you feel even more tired than you already are.
- Just say no to pizza. Some fresh fruit or a light snack will help boost your energy without giving you the groggy full feeling of a large meal.
- No Bull. While it will revive you for a short time the effects of caffeine are short lived and, when gone, you may crash and feel more tired than before. Have an apple instead.
- If you have windows in your office that can be opened they should be. Fresh air and natural sunlight are great stimulants.
- Take a break. Just ten minutes doing something different will give your body a chance to relax.
- If you are already feeling fatigued do not push yourself or operate anything more complicated than a paper clip. Try not to overload your mind or body.
- If you are truly feeling fatigued tell your boss.