



MILWAUKEE COUNTY TOTAL HEALTH NEWSLETTER

BROUGHT TO YOU BY RISK MANAGEMENT IN PARTNERSHIP WITH WELLNESS



ED. 4 / 3RD QUARTER 2016

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PRIZE!

2ND QUARTER QUIZ
WINNERS

WARNING: HEAT RELATED
ILLNESS

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2016 - 2ND QUARTER
FIND IT - FIX IT PROGRAM WINNERS

BE COOL: BE AWARE OF HEAT STRESS

Heat and humidity can cause several different types of heat-related illnesses such as heat cramps, heat exhaustion and heat stroke. Knowing the signs and symptoms of each type of heat-related illness will help to keep you safe on the job. Normally, the body has ways of keeping itself cool by allowing heat to escape through the skin and evaporating sweat (perspiration).

However, if the body does not cool down properly or does not cool down enough, a person may suffer a heat-related illness. Anyone is susceptible to a heat-related illness, but the very young and elderly are at the greatest risk. Beyond that, heat-related illnesses can become serious or even deadly if unattended.

TYPES OF HEAT-RELATED EMERGENCIES

These are three types of heat-related emergencies:

- » **Heat Cramps** are muscular pains and spasms caused by heavy exertion. This is generally the result of a loss of water and salt through sweating.
- » **Heat Exhaustion** is caused by fluid loss and decreased blood flow to your vital organs. This condition can produce flu-like symptoms.
- » **Heat Stroke** is the most serious heat-related emergency and occurs when

the body's internal cooling system has failed. This is a life-threatening condition requiring immediate and aggressive action.

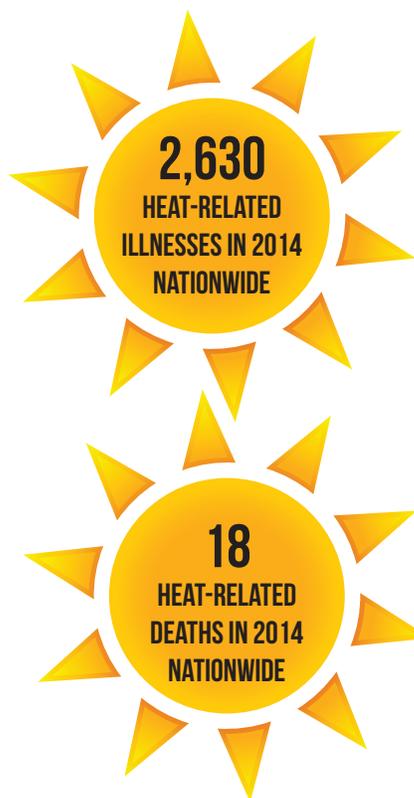
THE HEAT INDEX

The heat index is a method that combines air temperature and relative humidity to determine an apparent temperature or in other words, how hot it actually feels outside. The human body normally cools itself through perspiration (or sweating), when the water in sweat evaporates and carries heat away from the body.

However, when the relative humidity is high, the evaporation rate of the water is reduced. This means that heat is removed from the body at a lower rate, causing it to retain more heat than it would in dry air. The heat index is important to know especially when doing physical work outdoors, as higher combinations of heat and humidity can make the body more susceptible to heat-related illnesses.

PREVENTING HEAT RELATED EMERGENCIES

Know the signs and symptoms of the various types of heat-related illnesses. Take time to monitor yourself and be aware of your co-workers. If working outdoors, avoid long periods of direct sunlight. Use cooling fans to keep air circulating around your body. This helps aid your natural cooling process. Wear lightweight, light-



SOURCE: OSHA

BE COOL: BE AWARE OF HEAT STRESS

colored and loose-fitting clothes when working in warm and humid environments. Drink primarily non-caffeinated fluids. Caffeine actually works against you because it is a diuretic and will cause you to lose more fluids than you are ingesting. Drinking water or other electrolyte products are best. Never wait until you feel thirsty to start hydrating – you are well on your way to becoming dehydrated when you feel thirsty. It is critical to your overall health to stay properly hydrated, especially when working in hot and humid environments.

HEAT EXHAUSTION: SYMPTOMS



DIZZINESS



HEADACHE



SWEATING



WEAKNESS



CRAMPS



NAUSEA/
VOMITING

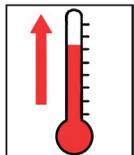


RAPID
HEARTBEAT

HEAT STROKE: SYMPTOMS



HOT SKIN



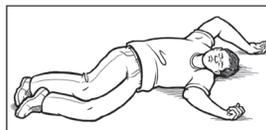
HIGH
TEMPERATURE



CONFUSION



CONVULSIONS



FAINING

HEAT STRESS: QUIZ

NAME: _____ CLOCK #: _____

DATE: _____ DPT: _____

Circle the Correct Answer

1. T F Wearing thick, dark fabrics protects your skin from excessive heating in the sun.
2. T F High humidity is dangerous because it limits the amount of heat escaping the body.
3. T F Heat exhaustion is the most serious heat-related illness.
4. T F Drink water frequently, even if you are not thirsty.
5. T F Caffeine helps hydrate the body.

Please complete and detach this quiz to enter to win a prize. Winners are chosen at random from all submissions. Send responses to Courthouse - Risk Management (Rm. 302) or scan and send to totalhealth@milwaukeecountywi.gov.

CONGRATULATIONS TO LAST EDITIONS QUIZ DRAWING WINNERS!



IVETTE CRUZ

Architectural & Engineering
Services

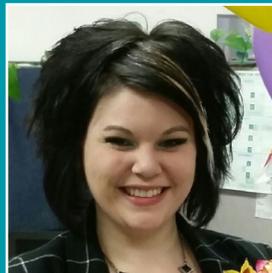
Prize: Zoo Tickets



JEFFREY GOLLNER

Parks Department

Prize: Golf Tickets



KELSEY FREDRICKSEN

Family Care

Prize: Indoor/Outdoor Pool
Tickets

WARNING: HEAT-RELATED ILLNESS

The summer months are a great time of year, but it can also be a dangerously hot time of year. Employees with physical jobs outside are most vulnerable to be affected by the heat. If you spend a lot of time outdoors whether at work or home it is important to know the warning signs of heat related illnesses and what to do.

| | SYMPTOMS | FIRST AID |
|------------------------|--|---|
| HEAT STROKE | <ul style="list-style-type: none"> » Confusion » Fainting » Seizures » Excessive sweating or red, hot, dry skin » Very high body temp | <ul style="list-style-type: none"> » Call 911 » Go to a shady, cool area » Loosen or remove clothing » Apply ice packs or washcloths with water » Drink cool water |
| HEAT EXHAUSTION | <ul style="list-style-type: none"> » Cool, moist skin » Heavy sweating » Headache, dizziness, light headedness » Nausea or vomiting » Thirst » Irritability » Fast heart beat | <ul style="list-style-type: none"> » Lie down in a cool, shady area » Drink cool water » Apply ice packs or washcloths with cool water |
| HEAT CRAMPS | <ul style="list-style-type: none"> » Muscle spasms » Pain » Usually in abdomen, arms, or legs | <ul style="list-style-type: none"> » Rest in a shady, cool area » Drink cool water » Wait a few hours before returning to previous activity |

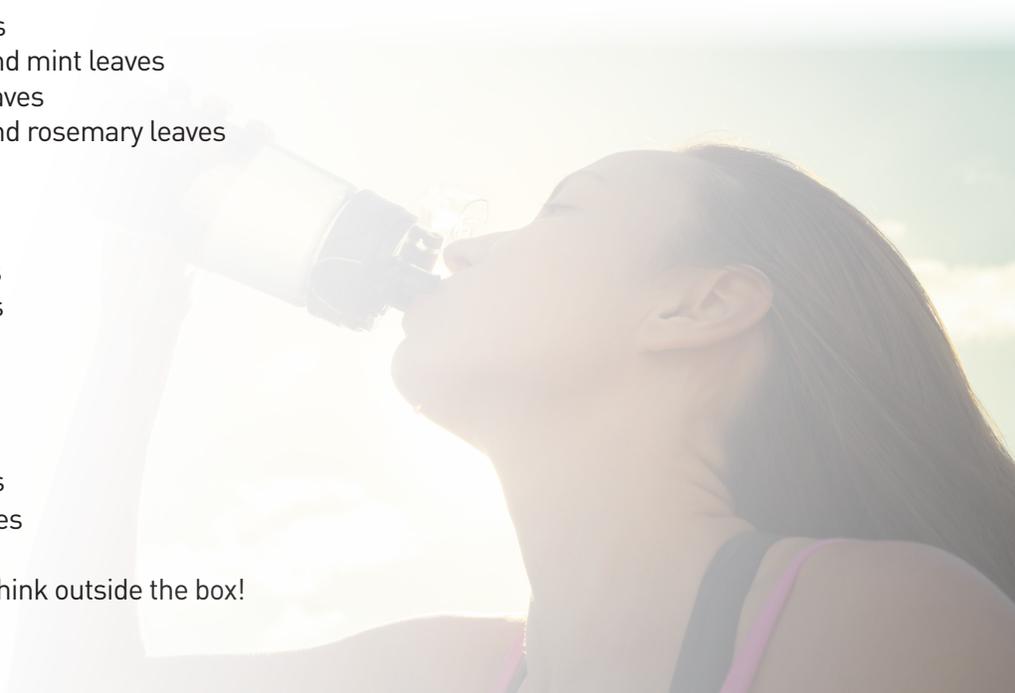
Source: https://www.osha.gov/SLTC/heatstress/heat_illness.html

DRINK MORE WATER

The heat of summer also means you are at a higher risk of dehydration. Water is the best thing to drink to prevent dehydration, but people often don't get excited about plain water. There are many things you can add to water to make it flavorful! Try adding some of these combinations to give your water a boost:

- » Lemon, orange, or lime slices
- » Lemon slices, blueberries, and mint leaves
- » Orange slices and cilantro leaves
- » Green apples, raspberries, and rosemary leaves
- » Cucumber slices
- » Cucumber and pineapple
- » Kiwi slices and blueberries
- » Basil leaves and melon slices
- » Mango slices and basil leaves
- » Cucumber and melon slices
- » Berries and rosemary
- » Pineapple and mint leaves
- » Watermelon and basil leaves
- » Lemon slices and mint leaves
- » Grape halves and orange slices

Water doesn't have to be so boring when you think outside the box!





2016 – 1ST QUARTER WINNERS



LINDA WALSH
COUNTY EXECUTIVE'S OFFICE

THE FIND

Fourth floor door handle was broken causing the door not to close properly.

THE FIX

Maintenance was contacted to replace the door handle.

SAFETY HAZARD / PROPERTY ISSUE PREVENTED

Potential security hazard and furthered door damage due to inoperable door handle.

PRIZE
Golf Tickets

SUPERVISOR: Raisa Koltun
PRIZE: Golf Tickets



MICHAEL SKROWBISZEWSKI
FLEET MANAGEMENT

THE FIND

Removing manhole covers on underground storage tanks required multiple tools and physical exertion.

THE FIX

D-Rings were placed on the manhole covers allowing the manhole covers to be removed by forklift.

SAFETY HAZARD / PROPERTY ISSUE PREVENTED

Numerous strain injuries, lifting injuries, crushing injuries.

PRIZE
Golf Tickets

SUPERVISOR: John Blonien
PRIZE: Golf Tickets



JENNIFER MUELLER
HUMAN RESOURCES

THE FIND

Lights on mezzanine where personnel files are stored were pull-cord operated.

THE FIX

Lights cords were replaced with timer operated lights.

SAFETY HAZARD / PROPERTY ISSUE PREVENTED

Repetitive motion injuries. Energy efficiency.

PRIZE
Zoo Tickets

SUPERVISOR: Kerry Mitchell
PRIZE: Zoo Tickets

The Find It - Fix It Program is a new safety and property incentive program that is currently available to all Milwaukee County employees. The program details can be found below. Additionally, a recorded presentation and entry cards can be found on the Milwaukee County Risk Management web page (<http://county.milwaukee.gov/Risk/FindItFixIt>). Disclaimer: Your personal welfare comes first! If you cannot safely and easily resolve the issue on your own, please **DO NOT** attempt to do so. When in doubt, always take the cautious approach and bring the issue to management's attention.