

# SUMMER SAFETY:

## WORK & FUN IN THE SUN...



QUARTER III

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### IN THE HEAT OF THE SUMMER...

As the summer temperatures heat up we have to remember to look for ways to cool down, because believe it or not, heat can be as deadly as the sun! High temperatures and humidity stress the body's ability to cool itself, and heat related illness becomes a critical concern during hot weather. There are three major forms of heat illnesses: heat cramps, heat exhaustion, and heat stroke. If not treated quickly, heat exhaustion can progress to heatstroke, which requires immediate emergency medical care and can be fatal.



Summertime activities, both work and play, must be balanced with measures that aid the body's cooling mechanisms. By taking these few simple precautions, heat illnesses can be prevented. It is extremely important to keep yourself hydrated - don't wait until you're thirsty, by then, you are probably already dehydrated. Sports drinks like Gatorade and Powerade, are full of electrolytes and are good for replacing both water and minerals lost through sweating. Try to stay out of the sun during peak hours, but if you have to be out in the sun, wear light colored clothing and use **cooling bandanas**, such as the one provided, to keep cool. If you notice you're getting a headache or you start feeling overheated, take a break to cool off before going back to work. Be Safe—Keep Cool.

### THE IMPORTANCE OF SUNSCREEN

Oh the happy days of summer! Who doesn't love being out in the sun?! I mean, sunshine *is* good for you because it's our primary source of vitamin D which helps us absorb calcium for stronger, healthier bones. But too much of a good thing can also be harmful. Did you know sun's ultraviolet (UV) radiation ...

- can penetrate many types of clothes and automobile and residential windows?
- can cause immune system suppression?
- can cause damage to your eyes and skin, contributing to cataracts and cancers?

So before you start your day in the sun make sure you know how to protect your skin from the sun's harmful rays. The sun has two types of rays—UVA and UVB, each with it's own threat. To effectively protect your skin from both use a sunscreen with select products that contain some combination of avobenzene, oxybenzone, mexoryl, zinc oxide and titanium dioxide and an SPF 15 or higher every day. Remember—sunscreen is only effective if applied correctly and frequently enough.

But sun safety is not just about wearing sunscreen. Sunscreen is only one part of a comprehensive sun protection program. The Skin Cancer Foundation recommends:

- Avoiding unnecessary sun exposure between 10am-4pm.
- Applying at least two tablespoons of sunscreen to exposed areas 30 minutes before sun exposure. Reapply it every two hours or immediately after excessive sweating or swimming.
- Wearing sun-protective clothing, including a wide-brimmed hat and UV-blocking sunglasses.



For a list of recommended sunscreens go to: [www.skincancer.org/sunscreen](http://www.skincancer.org/sunscreen).

### EXTREME SYMPTOMS:

High Fever (103°F+)

Distinct Absence of Sweating

Difficulty Breathing

Rapid Pulse, High Blood Pressure

Nausea or Vomiting

Delirium, Bizarre Behavior

Seizure, Convulsions, or

Loss of Consciousness

### KNOW THE SIGNS:

#### Heat Cramps

**Heat cramps** are painful muscle spasms which usually affect the arms, legs, or stomach. Frequently they don't occur until sometime later after work, at night, or when relaxing. Heat cramps are caused by dehydration through heavy sweating when the body doesn't get enough salt or potassium.

To prevent heat cramps, drink sports drinks such as Gatorade or Powerade during the day to replenish water and essential minerals and eat more fruits rich in potassium, like bananas.



#### Heat Exhaustion

**Heat exhaustion** occurs when the body's internal air-conditioning system is overworked, but hasn't completely shut down. Symptoms include: headaches, heavy sweating, intense thirst, fatigue, dizziness and loss of coordination, impaired judgment, loss of appetite, nausea, anxiety, weak and rapid pulse (120-200).

If someone shows these symptoms move the person to a cool location such as a shaded area or an air-conditioned building where the person can lie down with his or her feet elevated. Apply cool, wet cloths and make the person drink some water. Have the victim checked by medical personnel as soon as possible.

#### Heat Stroke

**Heat stroke** occurs when the body has depleted its supply of water and salt, and body temperature rises to deadly levels.

Early symptoms include: high body temperature (103°F); absence of sweating; flushed skin; difficulty breathing; and any/all signs or symptoms of heat exhaustion. Advance symptoms include convulsions, loss of consciousness, and body temperature over 108°F.

On the job, heat stroke can be mistaken for a heart attack. If someone collapses while working in a hot environment try to lower his or her body temperature and call 911 immediately to get an ambulance on the way.

*\*Please don't hesitate to contact us if you are a Policyholder and would like more information or Heat Safety supplies for your staff.\**