



Naval District Washington

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CHECKING THE WAKE Safety E-Newsletter

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SUMMER IS HERE!!!!!!!!!!

In This Issue:

- * **During The Critical Days of Summer**
- * **Heat Exposure - How to Stay Healthy**
- * **Heat Injury - Know the Signs**
- * **Preparing For a Potential Disaster**
- * **ICE - In Case of Emergency**

During The 101 Critical Days of Summer

by Teresa S. Boucher

Did you know? - - - During the 101 Critical Days of Summer {the time between Memorial Day and Labor Day weekends} your personnel's most dangerous job is '**commuting**'. Motor vehicle accidents are the leading cause of death among workers in the United States.

Encourage your employees to take these precautions when commuting so they can arrive at work safely and get home safely, too:

- Keep vehicles in safe operating condition.
- **Wear seat belts** and require passengers to wear theirs, too.
- Keep your mind on your driving and your eyes on the road.
- Stay 2 to 4 seconds behind the vehicle in front of you.
- Obey traffic rules, signs, and signals.
- Adjust speed to suit road and weather conditions.
- Keep alert when going through intersections and when passing other vehicles.
- Be careful in parking areas, especially when it's dark.
- Keep vehicles locked when parked, and keep doors locked while driving.

Keep Safe on The Street:

- **Watch where you're walking**, and wear sensible walking shoes if you have a long way to walk.
- Take extra caution if sidewalks are slippery or when it's dark and visibility is limited.
- Be careful crossing streets; use crosswalks or cross at traffic lights whenever possible.
- Stay with the crowd on well-traveled streets, and stick to well-lit streets when it's dark.



- Walk to and from work with a friend or co-worker if possible.
- Avoid shortcuts through tunnels, alleys, parks, etc.
- **Walk briskly and confidently**, head up, and alert to what's around you.
- Watch out for people stepping out from doorways or parked cars.
- Avoid wearing expensive jewelry (or keep it out of sight).
- Avoid carrying large amounts of cash or discussing your destination or daily routine in public.

Heat Exposure: How to Stay Healthy

Source: OSHA and Naval Safety Center

Heatstroke kills over 4,000 people annually, and thousands more suffer heat-related illnesses and injuries every year. Heat illness occurs when the body retains more heat than it loses and your core temperature rises as a result. You are at greater risk of heat illness when you are dehydrated, not used to working in a hot environment, in poor health, older, or have had heat illness before.

Heat illness is easily preventable if you know what steps to take.

- **Drink fluids** in the right amount to avoid dehydration and hyponatremia (deficiency of sodium in the blood).
- **Wear** light-colored, loose-fitting clothing.
- **Wear** a wide-brimmed hat to keep your head and face cool, and for added protection from damaging sun exposure.
- **Wear** sunscreen that has an SPF of at least 15.
- **Monitor** those at risk – previous heat injury/elderly, etc.
- **On the job, follow work/rest cycles.**
- **Good physical conditioning and proper weight is key.**





Heat Stroke: High body temperature.....

True medical emergency – soak victim with cool water and fan till medical personnel arrive.



Preventing Heat Injuries – Know The Signs

- **Heat Cramps.** Heavy sweating; painful spasms usually in the leg or abdomen muscles. Provide cool water, shade, and monitor.
- **Heat Exhaustion.** Person experiences nausea, dizziness, weakness, headache, pale and moist skin, heavy perspiration, normal or low body temperature, weak pulse, dilated pupils, disorientation, fainting spells. Provide water, shade, elevate feet and seek immediate medical attention.
- **Heat Stroke.** Person experiences headache, dizziness, confusion, rapid/strong pulse, and hot dry skin, high body temperature of 106 or higher possibly leading to vascular collapse, coma, and death. Move to a cool shaded area, soak victim with water and fan, elevate feet and seek immediate medical attention. This is a medical emergency.

Preparing For a Potential Disaster

Source: AARP

Disasters can strike anyone, anytime, anywhere. It can come in the form of a hurricane, tornado, fire, flood, earthquake, or some other unforeseen event. What's important is that you are ready.

Operation Emergency Prepare helps you help the people you care about to prepare for emergencies or disasters that might demand evacuation or confinement to the home. If you want to rest easier, download and print the Operation Emergency Prepare materials provided at the link below. Reach out to family, friends, and neighbors, and help them prepare as well. Go to: <http://>

assets.aarp.org/www.aarp.org/articles/ctg/APRCOR9011OEPindividual050109.pdf

ICE – ‘In Case of Emergency’

We all carry our mobile phones with us so why not store the number of a contact person or persons who should be contacted during emergency under the name ‘ICE’? A great idea [thought up by a paramedic] that could make a difference. ICE is a method that emergency personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you stored as ‘ICE.’ The concept is that ICE will speak for you when you are not able to.

Editor's Note: I just heard about this and thought it was a great idea and wanted to share with our NDW family.

Naval Safety Center Links

www.safetycenter.navy.mil

www.safetycenter.navy.mil/toolbox

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**The responsibility for Safety in all facets of our lives,
really rests in all of our hands.”**

