

HATS ON FOR SAFETY!

* ~ ~ * Keepin' It Cool * ~ ~ *

“There are some very practical steps employees can take to avoid heat strain.”

For more information on stacking safely and other related safety awareness items, please contact us. Our close relationship with the National Safety Council, OSHA and Federated Insurance is here for our members use. Don't hesitate to call.

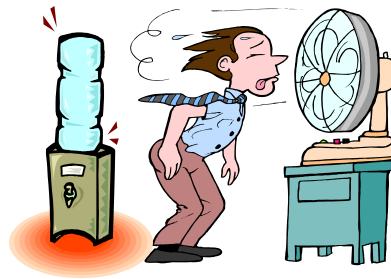
SBMA Safety Newsletter
PO Box 18667
Charlotte, NC 28218
800-849-1503
704-331-9663

Editor: Shauna Smith
shauna@southernbuilder.com

The sign outside the mini-storage facility says “Honk if You're Hot. Beep if You're Blistering.” All the lounge chairs at the pool are taken. The steering wheel is almost too hot to handle. The interstate in the direction of the lake is jammed with traffic. The grocery store is nearly sold out of hamburgers.

These are the concerns of weekend partiers and corporate relaxers. Unfortunately, the summer can mean added stress, workload, and exhaustion for outdoor workers. Here's some precautions that bosses and employees alike need to understand.

Here's the definitions for terms you will hear throughout the hot months of the year. *Heat stress* is the heat load on your body from a combination of activity and environmental factors such as temperature and humidity. *Heat strain* is the consequence of heat stress on your body. Early warning signs include headaches, cramping, dizziness, and heavy perspiration. Advanced signs include confusion, severe headaches, cessation of



Take a break. Get some cool air. Don't forget to rehydrate!

perspiration, heat rashes, and clammy skin feeling hot and dry. Heat strain can also lead to the more advanced heat stroke which can be fatal if untreated.

There are some very practical steps one can take to avoid heat strain. Stay very well hydrated. Take routine breaks in an air conditioned building. Monitor your pulse rate and

keep heat strain warning signs in mind. Wear lightweight clothing that “breathes.” Take a rest if you begin feeling short of breath or overheated.

Bosses need to keep a surveillance of the employees. Allow small breaks whenever the employee or you feel it is necessary. Attempt ventilating enclosed areas with box fans. Provide plenty of water for workers. Have a plan of action prepared if an employee gets overheated and faints.

Other things to be aware of in summer months include lyme disease from ticks and West Nile virus from mosquitoes. Signs for these include flu-like symptoms, swelling of the lymph nodes, rashes, headaches, stiffness and disorientation.

Make sure you take care of yourself first and keep this summer a safe summer!

Some of this information was taken from an OSHA fact sheet called “Working Outdoors.” Also check <http://www.acc.org.nz/injury-prevention/safe-at-work/worksafe/action/hazard-management/environment/extreme-temps/>

Let Us Know What You Think

What are *YOU* worried about? Help us out be letting us know about safety topics that could help keep your workplace safe!

Give us your feedback on this new mailing!

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is

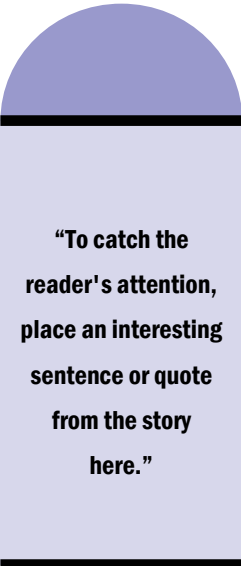
to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by

accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Caption describing picture or graphic.



Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note

business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your

business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of con-

text.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Caption describing picture or graphic.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is

to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by

accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

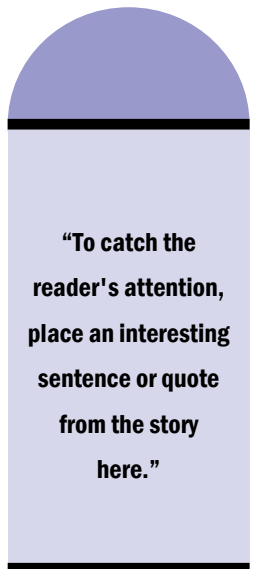
You may also want to note

business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your

business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.



Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of con-

text.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter.

There are also several tools you can use to draw shapes and symbols.

Once you have

chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Caption describing picture or graphic.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com



Y O U R B U S I N E S S
T A G L I N E H E R E .

We're on the Web!
example.microsoft.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are fre-

quently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.

Caption describing picture or graphic.