

# THE PORCELAIN PRESS

June 2011 - Weeks 1 & 2

## Special Points of Interest:

Did you know you can subscribe to the FESHM & FRCM chapter mailing list? You will receive draft chapters for review & be notified of any changes to existing FESHM chapters. To subscribe, go to the ES&H Homepage, click the left hand side link "FESHM", then click "FESHM/FRCM mailing list" under "Helpful links".

## Fermilab Lunchtime Clean-up:

11:45 a.m. - 1:30 p.m.  
June 16th, July 21st, and August 18th. Transportation to clean-up site from WH, GF east side.

## ES&H Concern or Suggestion?

Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

## The Hazards of Excessive Heat

As the weather warms up, more of us move to outdoor activities. It may be yard work or a family picnic at the beach or the park. Soccer fields are full of kids enjoying the summer leagues. While warm weather is a welcome change from the brutal cold of a Chicago winter, it brings with it hazards that everyone should consider when planning their summer activities.

Heat is the number one weather-related killer. On average more than 1,500 people in the U.S. die each year from excessive heat. This number is greater than the 30-year mean annual number of deaths due to tornadoes, hurricanes, floods and lightning combined. Human bodies dissipate heat by varying the rate and depth of blood circulation and by losing water through the skin and sweat glands. The skin handles about 90 percent of the body's heat dissipating function. Sweating does nothing to cool the body, unless the water is removed by evaporation, and high relative humidity retards evaporation.

Everyone is susceptible to the dangers of heat, but some may be particularly at risk. Young children and older adults tend to have more heat disorders. Our four legged friends also struggle with the heat, need a place to cool down and cold water to drink. Whether you are working outside or enjoying family time at the beach or park, consider the heat, watch for heat disorder symptoms, and follow the safety tips below.



## Heat Disorder Symptoms:

**Sunburn:** Redness and pain. In severe cases swelling of skin, blisters, fever, and/or headaches.

**Heat Cramps:** Painful spasms usually in the muscles of the legs and possibly the abdomen. In addition, you may experience heavy sweating.

**Heat Exhaustion:** Heavy sweating, weakness with cold, pale and clammy skin. You may or may not have a fever and there is potential for fainting and vomiting.

**Heat Stroke (or sunstroke):** High body temperature (106° F or higher). Hot dry skin with rapid and strong pulse. Potential for unconsciousness.

## Heat Wave Safety Tips

- Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day.
- Dress for summer. Lightweight light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.
- Drink plenty of water or other non-alcohol fluids.
- Do not drink alcoholic beverages.
- Spend more time in air-conditioned places.
- Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.
- Never leave persons, especially children and pets in a closed, parked vehicle.

