

July 2019

Hello RETRO Members;

July is **UV Safety Month**. Summer is here and we are outdoors as much as we can be. Remember to guard yourself against the harmful effects of UV rays on your skin and eyes. Take that extra time to find and wear your sunglasses. Also remember the sunscreen, which may require more than one application. There is a series of helpful topics and useful information that is informative and fun, found at [Federal Occupational Health](#). What is your [UV IQ](#)?

First topic is: **Preventing Heat-Related Illness** - Since the weather is warming up, it is a great time for this topic! Heat Stroke occurs when the body is unable to regulate its temperature, which can rise as high as 106° and is very serious. More common is Heat Exhaustion, which is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment. Some symptoms are; heavy sweating, paleness, muscle cramps, dizziness, headache, nausea, weakness or tiredness. Make sure that you are regularly drinking water or other non-alcohol/sugared drink and know the signs of someone that doesn't seem quite right. Employers are [required to provide water](#) to employees who are working in temperatures over 89°.

Here are some links for you to use on this topic:

[RASI Safety Library](#) and scroll down to the Heat Related Illness section.

[RASI Safety TV](#) has videos to show on this topic.

Second topic is: **Falls from elevation** - Your first thought is likely to be a fall off a ladder and yes that is very common. But there are many other ways to fall from height. It can be off a loading dock, the back of a truck or even on stairs.

- One way to help with that is to mark the area that is close to the edge with another color like yellow.
- Stair noses should be marked with yellow to designate each step. When using stairs, also use the handrails.
- The tail gate area on the truck can also be marked to show you are close to an edge.
- Loading docks - when the door is left open, some sort of temporary railing or indicator should be in place.

- And the most obvious is that people should pay attention to what they are doing!

Any way you can mark or designate that an edge or change in floor level, can help to reduce injuries for this type of fall. [RASI SafetyTV](#) has several videos to pick from for your safety meeting.

Think safe. Act safe. Be safe.

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