

July 2020

Dear 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. You will find fun and helpful information at [HealthySD.gov](https://www.healthysd.gov). Want to know your [UV IQ](#)?



**Preventing Heat-Related Illness** - Heat Stroke occurs when the body is unable to regulate its temperature. Overheating under the sun could cause your body temperature to rise as high as 106° and is very serious.

More common is Heat Exhaustion, which is a milder form of heat-related illness that could 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 drinks and know the signs of something 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:

[RS SafetyTV](#)

[OSHA Poster](#)



**Personal Protective Equipment** – You have been hearing a lot about PPE because of COVID. But there more PPE than face masks and nitrile gloves. PPE’s purpose is to help shield your body from injury while working. There are many tasks that require PPE to protect your eyes, head, feet, ears and even your hands.

Make sure your employees know how to use and to inspect their PPE daily to make sure it is in good working condition. It is important to use PPE, even if the job will only take a few minutes, which is all it would take for a chemical or fragment to fly into an unprotected eye or a heavy object to fall on an unprotected head or foot. The price of protection is much cheaper than the injury that can result from not using PPE properly!

Here is a great presentation on [eye protection](#) Here is a *PPE Fact Sheet* handout and [RS SafetyTV contains videos on PPE](#). The **SAFEME** app <http://www.wrasafeme.org/> has a module on [PPE](#) that can be used as a great refresher course!



**Overexertion** – Overexertion is the most costly and frequent workplace injury, but it is easy to prevent if you just take the time to stop and think before you complete the task at hand. Brake rotors, starters, batteries and other automotive parts are heavy, so use a cart or hand truck to assist you.

Get help if you find that it is too heavy or awkward. Taking a few moments to mentally walk through all the steps need to move the item. This kind of rehearsal is worth the time and helps to prevent unnecessary injuries.

When tendons, ligaments, and muscles work harder than they are meant to, sprains, strains, or other damage happens. Usually the back is the most common area of injury. Age has a lot to do with our strength, as strength begins to decrease in your early 30's. One should never try to lift an item that is too heavy. The [RS Library](#) has an Overexertion section with materials for your safety meeting.

Think safe. Act safe. Be safe.

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