



July 2018

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. 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 drinks 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:

[L&I Safety Meeting kit](#)

[RASI SAFETYTV](#)

[OSHA Poster](#)

The second item is: **Personal Protective Gear** – PPE has a purpose and that is to help shield your body from injury. It can be 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 this gear!



Here is a great presentation on [eye protection](#). Included in this packet is a *PPE Fact Sheet* handout and [RASI SAFETYTV contains videos on PPE](#). The **SAFEME** app <http://www.wrasafeme.org/> has a module on Slips Trip and Falls that can be used as a great refresher course!

Final item is: **Overexertion** - It is easy to prevent overexertion at work if you just take the time to stop and think before you complete the task at hand. 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 make a safety plan is worth the time if it 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, as he/she may be able to do it now, but could have complications from it later on. The [RASI Library](#) has an Overexertion section with materials for your safety meeting.

Think safe. Act safe. Be safe.

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