



# The CHESS Tournament

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## Heat and Humidity on the Horizon

It was bound to happen - the combination of heat and humidity that makes mosquitoes so happy and humans so miserable. The weather forecast is for temps in the high 80s and low 90s with high humidity. While New Orleans residents are acclimated to those temperatures, we aren't. MNOSHA said they see the most heat complaints on the third day of hot and humid weather. Now is the time to prepare.

To protect your employees against heat:

- Encourage them to drink lots of fluids frequently. Cool water is the best choice.

Provide electrolyte drinks such as Gatorade. But they should be in addition to water, not instead of water.

- Use evaporation to cool down.

Provide cooling towels or damp bandanas.

Use fans (grounded, only!) to keep air moving.

- Give more breaks. Encourage employees to take breaks in cool areas. It takes people about two weeks to acclimate to hot weather. In Minnesota, that means that just when people would start adjusting to the heat, it's no longer hot.

Watch for the signs of heat-related illnesses. Employees may not realize they're suffering from the heat until it becomes a medical emergency.



Heat Stroke	Symptoms	First Aid Guide
Heat stroke is a medical emergency. If not treated, it can kill or cause permanent brain damage.	<b>Very high body temperature.</b> <ul style="list-style-type: none"> <li>• Confusion</li> <li>• Fainting</li> <li>• Seizures</li> <li>• Excessive sweating or, more often, red hot dry skin</li> </ul>	<b>Call 9-1-1.</b>  <b>While waiting for help, move victim to a cool area and cool the person down right away.</b> <ul style="list-style-type: none"> <li>• Fan air on worker, cold packs in armpits</li> <li>• Wet worker with cool water; apply ice packs, cool compresses, or ice packs</li> </ul>

Heat Exhaustion	Symptoms	First Aid Guide
	<ul style="list-style-type: none"> <li>• Cool, moist skin</li> </ul>	Have the worker sit or lie down in a

	<ul style="list-style-type: none"> <li>● Heavy sweating</li> <li>● Headache</li> <li>● Nausea or vomiting</li> <li>● Dizziness, lightheadedness</li> <li>● Weakness</li> <li>● Irritability</li> <li>● Fast heart beat</li> </ul>	cool area (with A/C). <ul style="list-style-type: none"> <li>● Provide plenty of water or other cool beverages (not caffeine).</li> <li>● Use cold compresses / ice packs</li> <li>● If symptoms worsen or don't improve within an hour, have someone take employee to clinic</li> </ul>
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Heat Cramps	Symptoms	First Aid Guide
	<ul style="list-style-type: none"> <li>● Muscle spasms, cramping, usually in abdomen, arms or legs</li> </ul>	<ul style="list-style-type: none"> <li>● Rest in a cool area (like office with A/C)</li> <li>● Provide electrolyte replacements and water</li> <li>● Wait a few hours before allowing worker to return to strenuous work</li> <li>● Get medical attention if cramps don't stop</li> </ul>

Want to know if it's too hot? Download the OSHA/NIOSH heat safety tool at [https://www.osha.gov/SLTC/heatillness/heat\\_index/heat\\_app.html](https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html) . It uses your local weather conditions to tell you the heat index and recommend precautions.

For more information, or for information you can provide to employees:

Infographic poster to print: <https://www.cdc.gov/niosh/topics/heatstress/infographic.html>

Heat stress info site including the link to OSHA-NIOSH heat safety tool: <https://www.cdc.gov/niosh/topics/heatstress>

OSHA fact sheet on protecting workers from the heat: [https://www.osha.gov/OshDoc/data\\_Hurricane\\_Facts/heat\\_stress.pdf](https://www.osha.gov/OshDoc/data_Hurricane_Facts/heat_stress.pdf)

MNOSHA Compliance: Heat Stress web page: <https://www.dli.mn.gov/business/workplace-safety-and-health/mnosha-compliance-heat-stress>

OSHA's heat stress campaign web page: <https://www.osha.gov/heat/index.html>

And, for some humor, two rap videos you could use:

Christopher Champion on hydration at work: [https://www.youtube.com/watch?time\\_continue=3&v=YgtZsU37jm0](https://www.youtube.com/watch?time_continue=3&v=YgtZsU37jm0)

Hydration reminder for kids (and adults) by an 11-year old: <https://www.youtube.com/watch?v=oSxOksXkm-Q>

Hands-free law goes into effect August 1. The only exemption is for emergency calls.

**Questions?** Please do not hesitate to contact us if you have safety-related questions or just need more information about something or the services we offer. Please contact us by phone (651-481-9787) or email ([eparrish@chess-safety.com](mailto:eparrish@chess-safety.com)) if you no longer want to receive newsletters or if you want them in a different format (mail).

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