



The CHESS Tournament

Safety News and Views you can use.

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Be Prepared for Heat This Weekend

Just a few weeks ago, we were shoveling and plowing snow. And now the National Weather Service is predicting temperatures in the 90s over a good portion of Minnesota. It takes the human body about two weeks to acclimate to hot weather, but we haven't had any chance to do that with this forecast. The high was only 28°F on April 15. The predicted high for May 26 is 94°F. This is from a Special Weather Statement issued on May 22nd:

...LONG DURATION EARLY SEASON HEAT WAVE AND RECORD TEMPERATURES POSSIBLE LATE THIS WEEK THROUGH EARLY NEXT WEEK...

Temperatures will trend much warmer late this week through early next week. Highs Thursday and Friday should reach the upper 80s to lower 90s across the region. Scattered thunderstorms may keep some areas slightly cooler, however.

The weather dries out for the holiday weekend into early next week with even warmer temperatures expected. Near record highs in the low to mid 90s are possible each day from Saturday through next Tuesday. Peak heat indices Thursday through early next week will be in the low to mid 90s.

Many will be outdoors this holiday weekend. While this level of heat should be expected at times each summer, the quick transition from winter in the last month may enhance the risk of heat related illness for those active and unprepared.

Hot weather so early in the season is more dangerous because we are not used to it. Watch out for your fellow workers, friends and family. Those most susceptible: athletes, people who work outside, the very old and the very young. If someone complains of not feeling well, get the person into an air conditioned area to cool down. Know the signs of heat stroke - hot and flushed skin, running a temperature. If you suspect heat stroke, a serious medical emergency, call 9-1-1 and cool the person immediately.

To protect against heat:

- Drink lots of fluids frequently. Cool water is the best choice.
- Limit caffeine drinks (coffee, Mountain Dew, colas).
- Alternate electrolyte drinks (e.g., Gatorade) with frequent drinks of water (one cup every 20 minutes).
- Limit or eliminate alcohol! It interferes with your body's ability to control your temperature.
- Wear loose fitting, light-colored clothing.
- Evaporation cools you down, so wear cooling towels or damp bandanas.

OSHA 300 Electronic Reporting Required by July 1, 2018

Minnesota OSHA finally adopted the electronic recordkeeping requirement. By July 1, any company with 20 or more employees must submit their 2017 OSHA 300 log electronically through Federal OSHA's Injury Tracking Application.

For CHES clients on maintenance contracts: We will be contacting you in early June to assist with filing this information.

For more information on filing, you can go to OSHA's Electronic Submission of Injury and Illness Records page:
<https://www.osha.gov/injuryreporting/index.html>

Welcome to Jennifer Cougler

CHES welcomes Jennifer Cougler as the newest member of our team. Jennifer grew up in northern New York. She graduated in May of 2017 from the Rochester Institute of Technology with a Bachelor of Science Degree in Environmental Sustainability, Health and Safety. She completed an internship with Titanium Metals Corporation where she led safety teams and managed hazardous waste. For her senior project she worked with a local Rochester, New York brewery to develop their health and safety procedures. She was lured to Minnesota by Amazon in Shakopee where she worked as a Safety Specialist before joining CHES. Jennifer enjoys biking around the chain of lakes, going to farmers markets and checking out local breweries.

Did you know...

CHES offers first aid-CPR-AED classes. We can offer non-certified classes or Red Cross certification. Call for more information.

We also provide forklift training, silica competent person training, industrial hygiene monitoring, ergonomic assessments and a lot more.

Stay safe!

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) if you no longer want to receive newsletters or if you want them in a different format (mail).

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