



SAFETY FIRST

PERRY TOWNSHIP SCHOOLS EMPLOYEE SAFETY NEWSLETTER JUNE 2017

DON'T LET THIS HAPPEN TO YOU!

Here are descriptions of two recent accidents in our township:

1. An employee tripped on a sidewalk leading into one of our buildings. She did not realize that one section of the sidewalk had settled causing a considerable tripping hazard. Be on the lookout for hazards in and around your building. Report these hazards to your building administrator so we can eliminate the hazard/s.
2. Construction will soon be behind us. Moving is next. A flatbed cart rolled over a bump in a floor while an employee pulled it. As boxes began falling off, the employee tried to catch them. She inadvertently injured her wrist. Remember to always push carts, never pull. Also, ask for help when you move your boxes from room to room or building to building.



IT SURE IS HOT OUT THERE! ENJOY, BUT BE SAFE

Everyone should follow these basic heat safety tips in order to avoid the dangers of heat exposure. Keep these suggestions in mind:

- During the hottest hours of the day, stay inside an air-conditioned building. The hottest hours of the day are typically from mid-morning to mid-afternoon.
- Dress lightly, and when sleeping, use lightweight, breathable covers.
- Drink plenty of water and other fluids. When temperatures climb above 90 degrees, it is important to drink at least a gallon of liquid per day, preferably water.
- Avoid drinking alcohol and beverages that are carbonated or contain caffeine when temperatures are high. They can lead to dehydration.
- Keep blinds and curtains closed from morning until the late afternoon to block extra direct heat from sunlight.
- Move your exercise routine to early morning or later in the evening.
- Never leave a person or a pet in the car in hot conditions while you run to do a quick errand.
- Properly supervise children during outdoor play, being sure to monitor them closely and frequently.
- Seek medical care immediately if you become nauseous, start vomiting or experience cramps.

BE AWARE OF THE SIGNS OF HEAT EXHAUSTION OR HEAT STROKE

Heat exhaustion results when your body overheats. If you or one of your co-workers experience any of the signs below, get out of the heat immediately. The person experiencing symptoms should be given plenty of cool fluids and be wiped down with cool cloths. If rapid improvement is not seen, call 911 immediately.

- Breathing that is shallow and fast
- Clammy skin
- Dizziness
- Dry mouth
- Excessive sweating
- Fainting
- Headache
- Loss of color in skin
- Nausea
- Pale complexion
- Pulse that is fast and weak
- Skin that feels moist and cool (when touched)
- Vomiting

Heat stroke occurs when one's body temperature reaches 104 degrees or higher. Call 911 immediately. Signs include:

- Dizziness
- Extremely high body temperature (over 103 degrees F)
- Headache that is throbbing
- Lack of sweating
- Nausea
- Rapid pulse that is strong
- Red skin that is hot and dry (when touched)

EMPLOYEE ACCIDENTS IN MAY

1. A student stepped on an employee's foot causing a foot injury.
2. A student threw a chair and it landed on an employee's foot causing the loss of a toenail.
3. An employee moved a cart into a wall and sustained a hand injury after running into an adjacent cabinet.
4. An employee got a toe caught under an entry door and suffered a loss of a toenail.
5. A student bit an employee.
6. A student slapped an employee.
7. An employee sustained a wrist injury while trying to catch boxes that were falling from a flatbed cart.
8. An employee tripped over her feet causing nose, elbow, and knee contusions.
9. An employee suffered a back injury while moving boxes.