



FASC provides a forum for Florida Safety Councils to examine and act on issues impacting driving, occupational and public safety.

FASC develops safety education programs available to Member Councils individually or collectively.

The **North Florida Safety Council** serves Southeast Alabama, South-west Georgia, and North Florida. The North Florida Safety Council offers Industrial and Driver Improvement Training Programs throughout North Florida.

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# Safety Council News

*North Florida Safety Council - Newsletter*

*June - August 2011 Take care! Safety is no accident!*

## HEAT AND SAFETY

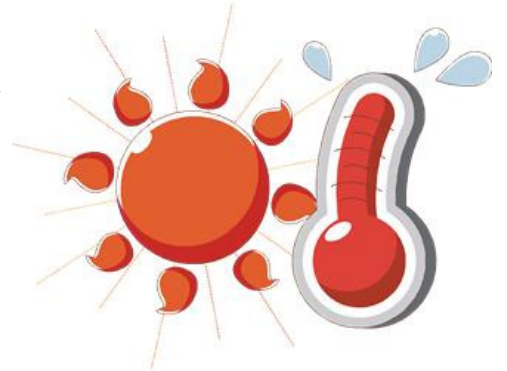
As the summer months approach and the temperatures rise, the incidence of heat related illness is beginning to rise. It is important that everyone working in a warm environment know the signs of heat stroke, heat exhaustion, and cramps.

According to the Occupations Safety and Health Administration (OSHA), heat stroke can be so severe as to result in death! Signs of heat stroke include confusion, headache, loss of coordination, and extremely high body temperature (over 104°F). When someone shows the signs of heat stroke it is important to treat the person immediately. Medical assistance should be called as soon as possible while the person is moved to a cool and shady area. Remove excess clothing and apply cool water to the individual's body, as well.

Less severe but also dangerous is heat exhaustion. Symptoms of heat exhaustion include rapid heart beat, heavy sweating, fatigue, dizziness, nausea, and shallow breathing. In order to keep heat exhaustion from escalating to a full heat stroke, you should rest in a cool area, drink plenty of cool water, and take a cool

bath.

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# HEAT

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Another heat related illness is cramps. Cramping occurs during prolonged strenuous activity when you sweat a lot causing the body's salts and moisture levels to be considerably depleted. Cramps can include muscle cramps, pain, or spasms in one's stomach, arms, or legs. In order to lessen the pain of cramps, one needs to stop all activity and rest in a cool place. It is suggested to drink clear juice or a sports beverage to help restore the body's salt levels. Medical attention should be sought if you experience heart problems, eat a low-sodium diet, or if the cramps persist for more than an hour.

Heat illness is preventable if the proper precautions are taken. You should always monitor your physical condition and that of others for signs of heat illnesses especially if doing a strenuous activity in the

extreme heat and/or humidity.

When in the sun, wear light-colored, loose-fitting clothing and avoid synthetic fabrics, take frequent

breaks when doing heavier work and in high heat and humidity, and drink enough water so as you do not become thirsty.

Source: Eric Peterson, Compliance Assistance GS-13, OSHA Jacksonville Area Office

## Industrial/Construction Training

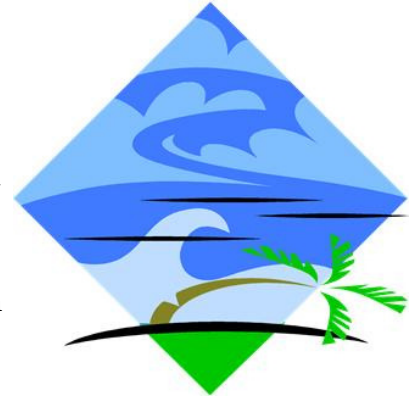
### Course Schedule

- June 17 — Focus Four Hazard Areas & Electrical Safety : 4 Hr (8-12)
- June 23 — Hand/Power Tool Safety & Material Handling Safety: 4 Hr (1-5)
- June 24 — Introduction to OSHA & Personal Protective Equipment: 4 Hr (8-12)
- June 30 — Fall Protection & Scaffolding Safety: 4 Hr (8-12)
- July 7 — Jobsite Health Hazards & Stairway/Ladder Safety: 4 Hr (8-12)
- July 14 — Excavation Safety & Crane Safety: 4 Hr (8-12)
- July 15 — Confined Spaces: 4 Hr (1-5)
- July 22 — Job Hazard Analysis: 4 Hr (1-5)
- July 21 — Excavation Competent Person: 8 Hr (8-5)
- July 20 — Introduction to OSHA & Personal Protective Equipment: 4 Hr (8-12)
- August 4 — Focus Four Hazard Areas & Electrical Safety : 4 Hr (8-12)
- August 11 — Fall Protection & Scaffolding Safety: 4 Hr (8-12)
- August 18 — Jobsite Health Hazards & Stairway/Ladder Safety: 4 Hr (1-5)
- August 19 — Hand/Power Tool Safety & Material Handling Safety: 4 Hr (8-12)
- August 25 — Excavation Safety & Crane Safety: 4 Hr (8-12)



# Hurricane Plan

It is important not only to have a plan for a hurricane at your home but also to have a plan for your business. According to the Leon County, Florida website [www.haveahurricaneplan.com](http://www.haveahurricaneplan.com), business owners should make a phone tree to help communicate before and after the storm. In order to prepare your business for a storm, it is important to have a licensed professional inspect your business building for any vulnerability in the structure of the building and appraising the value of your business at least every five years. You might also want to obtain business interruption insurance. Also, make sure to backup any data on your computer system and store it in a different location from your business in case of structural damage to your business building during a storm. It's too late to prepare after a storm!



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**Message from North Florida Safety Council, Executive Director, Doug Gifford**

## Summer Travel

As the hot days of summer approach, many people will take their summer vacations out on the road. As always, it is important to make sure to obey all the rules of road: don't speed, buckle up, drive calmly, and avoid driving when tired. But it's also important to make sure that your car is ready for the road. Be sure to have your car serviced before any long road trip, check the air conditioner, and make sure to change the oil. It's a good idea to have an emergency kit in your car if an emergency is to arise. Included in the kit should be water, jumper cables, flares, a flashlight, tire changing equipment, and a first aid kit. When on the road always remember to be aware of trucks "no zone". If you can't see a truck's mirrors, the driver will not be able to see you.



Crashes are sixty percent more likely to occur in these "no zones". Always know your surroundings when on the road and share the road with everyone else. If you would like to read more about summer travel tips, you can go to the University of North Carolina Highway Safety Research Center to find the answers to many of your questions and be prepared for the summer ahead. Have a safe and fun summer!

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**It's good to know First Aid and CPR. Call your local North Florida Safety Council to schedule your class!!!**

## MISSION STATEMENT

The **Florida Association of Safety Councils (FASC)** members are private, not-for-profit, public service organizations.

The objective of the Safety Councils is to promote safety education for businesses, government, traffic, home and recreation. Our goal is to reduce accidents, injuries and deaths.

The Florida Association of Safety Councils provides a forum for Safety Councils to examine and act on issues impacting Floridians on driving, safety and health issues.



FASC is affiliated with the **American Association of Safety Councils (AASC)**, an international association of independent safety councils.

The *Safety Council News* is published six times a year to keep business and industry informed of the Florida Association of Safety Council's activities and safety and health news and developments. NOTE: The information herein was obtained from sources believed reliable and the Association has exercised reasonable care to assure its accuracy. However, the Florida Association of Safety Councils does not guarantee that the contents of the *Safety Council News* are correct and statements from other sources do not necessarily reflect the opinion or position of the Association.