

News & Notes

8 SIGNS OF HEAT OVER EXPOSURE

- Heavy sweating -- though if heat stroke sets in, the body can no longer compensate and stops sweating.
 - Pale skin.
 - Muscle cramps.
 - Feeling tired and weak.
- Altered mental status (confusion or disorientation).
 - Headache.
- Becoming semi-conscious or passing out.
 - Nausea or vomiting.

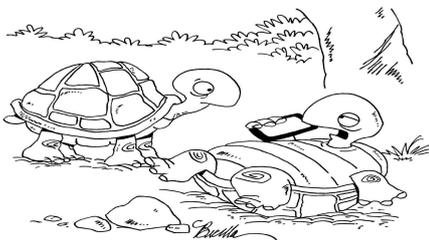
HEAT RELATED ILLNESSES

Signs and symptoms of heat-related illness vary based on the severity of the illness.

- **Heat rash symptoms:** red bumps on the skin, a feeling of prickly or itchy skin.
- **Heat syncope (fainting) symptoms:** dizziness or lightheadedness and fainting, generally due to prolonged exposure to heat, dehydration.
- **Heat cramps symptoms:** significant sweating, involuntary spasms of the muscles in the body, most often affecting the legs.
- **Heat exhaustion symptoms:** nausea and vomiting, headache, muscle cramps, weakness, and profuse sweating.
- **Heat stroke symptoms:** dizziness, muscle cramps and aches, nausea and vomiting, fatigue, headache, weakness, confusion and coma. Heat stroke is a medical emergency (911).

6 FIRST STEPS TO TAKE AFTER RECOGNIZING HEAT- INDUCED ILLNESS

- Call 911.
- Get the person out of the sun and into a cool area. An air-conditioned area is ideal, but moving someone into the shade will also help.
- Apply water to help the person cool off.
- Apply ice to the neck or armpits, where large blood vessels are close to the surface.
 - Remove any heavy clothing.
- If possible, immerse the person in cool water, either at a swimming pool or in a bathtub.



"Luckily, my insurance covers roadside assistance."

RIDDLES OF THE MONTH

- 1) Why were the first Americans like ants?
- 2) What did one flag say to the other?
- 3) How come there is no knock knock joke about America?

Answers on Page 2 Safety Bits & Pieces

Safety Matters

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SAFETY TIPS FOR DEALING WITH THE SUMMER HEAT

Adopt these basic safety tips to deal with the summer heat and prevent heat related illnesses:

- Dress for success! Staying cool is the goal, so don lightweight, loose fitting, light-colored clothes.
- Think again before ordering the burger for lunch or consuming lots of protein. A salad will be easier for your body to digest when it's already dealing with heat stress.
- Pack your lunch? Don't let bacteria colonize your food because it has gotten warm. Be sure to adequately keep your cold food cold. Put all cold food on ice.
- Drink plenty of water even if you don't feel thirsty. The single most important way to protect yourself from heat illness this summer is to keep plenty of water available when you are in the heat. Always have water within easy reaching distance, if possible. If that isn't possible, keep it as close to you as is allowed and take frequent hydration breaks. This water helps keep your body from becoming dehydrated and overheated. The more water you can drink, the healthier you'll stay.
- For the best results and the maximum hydration, make sure you're actually drinking water instead of soda, lemonade, energy drinks or any other beverages. Avoid caffeinated drinks.
- No air conditioning? Might be time to return that overdue library book. Whenever possible, seek the temperature control of public buildings.
- Children, seniors and anyone with health problems should seek the coolest place available to them, which may not always be indoors. (Know any good shade trees?)
- Avoid strenuous activity during the hottest parts of the day (between 12 and 3pm).
- It's tempting, but don't sit directly in front of a fan in temperatures higher than 90 degrees. Dry blowing air can lead to faster dehydration.
- Always avoid sunburns but be aware that they can hamper your body's ability to dissipate heat, making them even riskier during extremely hot weather.
- Lay off the salt tablets, unless your doctor tells you it's OK. Again, it's about reducing dehydration.
- It doesn't have to be that hot for a car to really heat up. Outdoor temps in the 70s can be enough to make the temperature in a parked car rise to a dangerous level for people and their pets.
- Cracking the car window isn't enough to significantly decrease the heating rate.
- Be aware that the effects of a rapidly heating car are more severe on children because their bodies warm at a faster rate than adults.
- Give it a touch test. Dark colored material holds heat. Touch a child's safety seat and safety belt before you try to strap them in.
- Never leave a child in a car. Not even with the windows down. Not even for just a minute.
- Lock your car doors and trunks to ensure kids don't accidentally trap themselves inside.

SAFETY TIPS OF THE MONTH

Here are some outdoor grilling tips:

- 1) If you experience bad weather while grilling, never move the grill indoors, including your garage. Wait until the weather has passed to continue grilling. Always keep grills at least 10 feet away from your home, cottage or camper.
- 2) If you need to get the LP tank filled for the weekend, make sure you transport it in a safe, upright position. Don't leave a filled tank in your vehicle or its trunk, especially if it is sunny.
- 3) If the flame goes out, NEVER try to re-ignite it right away. Turn off the gas, open your grill cover, and let it ventilate for at least 15 minutes. Propane is heavier than air and does not immediately dissipate into the air.

Safety Bits & Pieces

IDENTIFYING POISON IVY, OAK AND SUMAC

Poison ivy, oak, and sumac grow in most regions of the country. The itch-inducing ingredient in all three is urushiol. It's an oil that's contained in the plants' leaves, stems, and roots. Urushiol sticks to anything it touches. Within 12 to 72 hours of touching any one of these plants, you could develop a very uncomfortable, itchy, and unsightly red rash accompanied by swelling and blisters. Here's what to look for — and steer clear of — when you're out amongst the plant life.

Poison Ivy: The trademarks of this plant are its solid green, pointed leaves that hang from the stem in groups of three. It grows as both a vine and a shrub. The look of poison ivy can change with the seasons. It produces yellow-green flowers in the spring and its green leaves can change to yellow and red in autumn.



Poison Oak: Like its ivy counterpart, poison oak leaves also cluster in sets of three. The edges of the solid green leaves, while reminiscent of an oak tree, are less dramatic. Poison oak is most often seen in shrub form, but it can also grow as a vine.

When it comes to identifying poison ivy and oak, a quick rule of thumb is: Leaves of three, beware of me.



Poison Sumac: This rash-producer thrives in the water. It's usually found in swampy or boggy areas where it grows as small tree or tall shrub. Poison sumac leaves can have urushiol-filled black or brownish-black spots. The leaf stems contain seven to thirteen leaflets.



RIDDLES OF THE MONTH ANSWERS

- 1) They lived in colonies.
- 2) Nothing. It just waded.
- 3) Because freedom rings.

YARD WORK SAFETY

Here are 10 yard work safety tips that can help you — and your family — avoid a trip to the emergency room.

1- Know your equipment. Before operating a new lawn mower read the owner's manual and all of the safety information. Ditto for your weed trimmer. Check with the manufacturer of your tools to make sure there haven't been any safety recalls.

2- Practice Ladder Safety. You've heard it again and again, but always check to make sure your ladder is firmly set on a level surface. Never set ladders on boxes or other objects to make the ladder reach higher areas. Lock or barricade any doors that may open toward ladders. Also, never stand on the top rung or step of a ladder — your balance could be jeopardized.

3- Watch your children. Every year, thousands of children nationwide are injured by lawn-care tools. That's why we recommend keeping small children inside while you're mowing or trimming. At a minimum, do not allow children younger than 12 to operate a push lawn mower and anyone under the age of 16 to operate a driving lawn mower. Do not take children on rides with a riding mower.

4- Check your extension cords. Before use, check your extension cords for cracks and frayed or exposed wires. If you find any, replace the cord. And remember, never run extension cords through puddles.

5- Protect your body. This one is simple: wear protective gear. We all know that lawnmowers hit rocks, sticks and other items that can be turned into flying projectiles. Wear long pants to protect your legs from flying objects and wear non-slip, closed toe shoes instead of sandals. Don't forget your eyes and ears! Sunglasses will protect you from sun and earplugs/earmuffs can eliminate loud noises from machinery that could cause a substantial amount of hearing loss. Also remember to protect your body by wearing the proper sunscreen (SPF 15 or higher) and a wide brimmed hat; keep hydrated by drinking lots of water frequently.

6- Store tools and materials in safe places. A range of injury can be caused by stepping on, landing on or being hit with garden tools like shovels, rakes and trowels. Do not use these tools when in close proximity to children. When not in use, store them in safe, enclosed areas. If you have small children or pets, weed killer or lawn fertilizer can be deadly. Seal bags and store at heights where small children cannot get in to potentially harmful materials.

7- Don't dig without approval. Check with your local utility companies before you dig trenches, holes or any other cavity in your yard. You do not want to be responsible for accidentally hitting gas, electrical or sewer lines — the results of which can be extremely hazardous, not to mention expensive.

8- Be conscious of electricity. Don't leave electrical tools plugged in while not in use. When ready to use a tool, make sure equipment is in the off position before you plug it in. And, as is obvious, always turn equipment off and unplug it from an outlet before you attempt to fix the machinery.

9- Get green smart. Before you or your children do any "hands on" weed removal, be sure you know how to identify poison ivy, sumac, oak and similar toxic plants (See sidebar article). Find out ahead of time how to treat the rashes they cause to reduce the irritation.

10- Be Smart. It's obvious. Never operate lawn machinery or use heavy garden tools while under the influence of drugs or alcohol.

ON THE LIGHTER SIDE



"The MRI confirmed what the x-rays showed. Your wallet doesn't contain enough money to pay for either procedure."

QUOTATION OF THE MONTH

