

JULY 2019 SAFETY MESSAGE

With our upcoming July logistics exercise, our safety message for the July is a reminder about avoiding heat related illnesses and possibly death.

The human body is normally able to regulate its temperature through sweating until is exposed to more heat than it can handle. Every individual will have different tolerance for heat.

The people most at risk are the young, elderly and those with chronic health conditions.

Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death.

The National Safety Council ([nsc.org](https://www.nsc.org)) provides a free First Aid Quick reference app for your phone (via the Apple store or Google play) showing the signs and symptoms for heat related illness.

Seek medical help immediately if someone is suffering from heat stroke.

As we do our tasks at the logistics exercise, in our yards, at our job, or even during recreation, take precautions to minimize the risk of heat-related illnesses.

- Work/play for shorter periods of time.
- Stay hydrated and drink before you get thirsty.
- Watch out for others - stop them from working/exerting if you think they are exhibiting signs of heat exhaustion or heat stroke. Mental confusion from these two issues may have an individual thinking they are okay.
- Take time to rest and cool down.

In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help in the heat. Some day you maybe that person!

Pennsylvania has a new law (House Bill 1216) regarding what to do for animals left in vehicles in the heat. Please follow the law to ensure the pet is safe and you are in compliance.

Keep Each Other Safe!