



Safety+Health

Newsletter

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The Importance of
Danger & Warning Tags

Extreme Heat
Awareness



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Know Your Limits



July 2025

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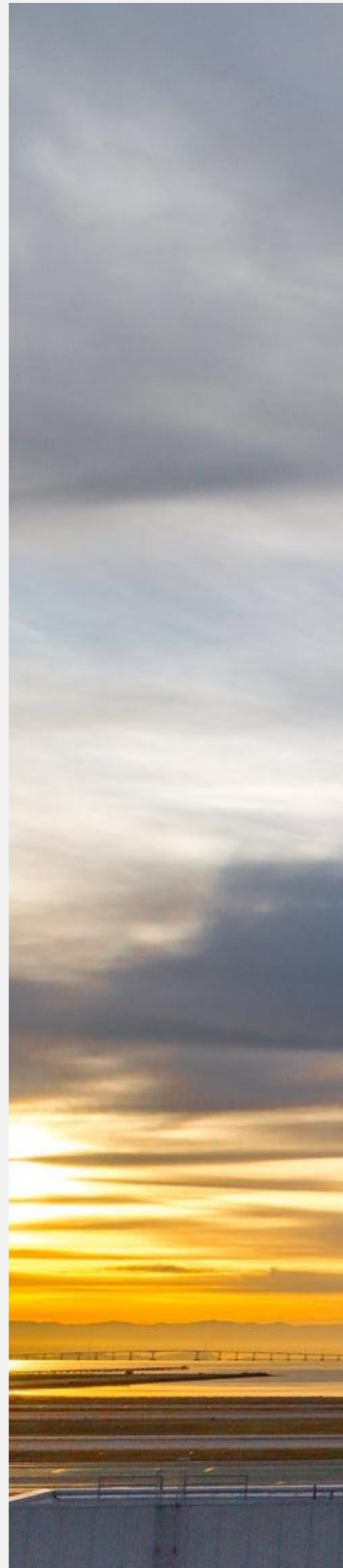
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Designed to prevent component damage, but more importantly, injury or death to you or your fellow AMTs. However, it is astonishing how often they are ignored.

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Each year, National Roadside Safety Month serves as a critical reminder of the urgent need to reduce injuries and fatalities on our roads, especially among pedestrians. Pedestrian deaths remain alarmingly high, particularly during low-light conditions when visibility is poor and drivers may be less alert.

According to the National Highway Traffic Safety Administration (NHTSA), the most dangerous time to be on the road is during the vacation months of July thru October. During this period, increased travel, longer daylight

hours, and relaxed routines all contribute to a spike in traffic accidents and pedestrian fatalities.

In the United States, roughly 30,000 fatal traffic accidents occur annually. Many of these tragedies are preventable with greater awareness and safer choices. Both drivers and pedestrians play a role in preventing crashes and saving lives.

Did you know that all 50 states have enacted **Move Over** laws to enhance the safety of emergency responders, roadside workers, and individuals who are stopped near the road?

When you see a vehicle with flashing lights on the side of the road, you are legally required to change lanes if it is safe to do so. If changing lanes is not possible, you must significantly reduce your speed and proceed with caution.

Many drivers are unaware of *Move Over* laws or misinterpret their requirements. This lack of understanding risks lives and leads to unnecessary injuries and fatalities.

Stay alert for flashing lights. Slow down and move over when you see them; your actions can save a life from fast-moving traffic.



Roadside Safety Tips You Need to Know

- If you're involved in a crash, it's important to move to safety. Do not step out into traffic. Instead, move your vehicle to a safe location before exiting. If the situation is urgent, such as a fire, exit on the shoulder side of the road, away from oncoming traffic.
- Stay in your car if it breaks down. Call for help and remain in your vehicle if it's safe. Only exit if necessary—and never stand near the flow of traffic.
- Be prepared to be seen. Keep essential emergency items in your vehicle, such as a flashlight, reflective triangles, flares, and always activate hazard lights. Visibility can mean the difference between life and death—to be safe, you must be seen.

Let's encourage everyone to remain safe on the road during this challenging time. We hope that by bringing this to your attention, we can help reduce the number of fatalities on our roads and highways. □

Always carry a roadside safety kit for emergencies. It should include a first aid kit, flashlight, flares, reflective triangles, jumper cables, tire inflator, rope, gloves, a blanket, water, and non-perishable food.

These essential items can be useful in unexpected driving situations. Drive responsibly, walk with caution, and stay visible. Share the road!!



PREVENTING OVEREXERTION

Overexertion occurs when you push your body beyond its physical limits, and the repercussions can be more serious than you might imagine. This strain can lead to a cascade of issues such as chronic fatigue, dehydration, dangerously low blood sugar levels, and common injuries like strains and sprains, which can sideline you for days.

Often, overexertion results from repetitive motions or demanding physical tasks, such as lifting heavy objects, carrying burdensome loads, pushing, pulling, or contorting the body into awkward positions. Ignoring the early warning signs of overloading your body only heightens the risks.

In more alarming cases, overexertion can manifest into dizziness, chest pain, a racing heartbeat, or excessive sweating—these are unmistakable indicators that your body is experiencing a significant response to stress, and may require

“Overexertion happens when you push your body too hard, leading to strain, fatigue, or injury—often from lifting too much, working too long, or using poor technique.”





urgent medical attention. Even if the effects don't appear immediately, overexertion can set the stage for lasting health issues, particularly if it becomes a recurring pattern in your daily routine.

The challenge is that our bodies usually signal us to slow down, but the pressures of work often lead us to ignore these important cues.

It's crucial to adopt proactive strategies for safeguarding your well-being. Here are some simple yet effective habits to develop in order to prevent overexertion injuries:

- **Know Your Limits** – Everyone's physical ability is different. Don't feel the need to match someone else's pace—listen to your own.
- **Pay Attention to What Your Body Tells You** – Discomfort, fatigue, and aches are signs that you need to rest or adjust.
- **Use the Right Techniques** – When lifting or moving materials, technique matters. Ask for training if you're unsure—and always use what you've learned.
- **Stay in Shape** – Regular exercise, stretching, proper sleep, hydration, and a healthy diet all strengthens your body's

ability to handle physical demands.

- **Ask for Help** – Don't take on heavy or unfamiliar tasks alone. There's strength in teamwork.
- **Warm Up First** – A few minutes of light stretching can help prepare your muscles for the work ahead and reduce your risk of injury.
- **Take Regular Breaks** – Step away, hydrate, and let your body recharge, especially during repetitive or intense work.
- **Report Injuries Promptly** – If something doesn't feel right, say something. Early reporting leads to faster care and helps protect others as well.

By adhering to these guidelines, you not only reduce the risk of injury but also contribute to creating a safer workplace. It's essential to stay alert and recognize the signs of overexertion, as it can develop gradually and unexpectedly.

Always keep in mind that your health and safety are the foundation of everything you do.

Stay proactive to prevent overexertion from catching you off guard.





Extreme Heat *Awareness*

Summer is here, and so is the heat! July is recognized as *Extreme Heat Awareness Month*, a time to reflect on the rising dangers associated with heat exposure, especially for those who work outdoors or in high-temperature environments.

As climate trends bring more days above 100°F, it's critical to recognize heat as a serious occupational and environmental hazard. High temperatures can quickly escalate into dangerous or even life-threatening conditions if we're not prepared.

What Is Extreme Heat?

Extreme heat isn't just uncomfortable, it's potentially deadly. According to the CDC, extreme heat occurs when daytime temperatures are much hotter and more humid than usual. During these conditions, your body struggles to maintain a safe internal temperature.

Normally, the body cools itself through sweating, but when humidity is high or airflow is limited, sweat doesn't evaporate quickly enough to cool you down. As a result, your body temperature can rise dangerously fast, putting vital organs like your brain, heart, and kidneys at risk.

Heat-related illnesses range from mild to life-threatening and should never be ignored. Mild cases may include heat rash, fatigue, and dehydration.

Moderate conditions, such as heat cramps and exhaustion, can cause nausea, dizziness, headaches, and heavy sweating.

The most severe form, heat stroke, is a medical emergency marked by confusion, fainting, or loss of



Extreme heat can be deadly. It increases the risk of heat-related illnesses, such as heat exhaustion and heat stroke, especially for individuals working outdoors or in high-temperature environments.



consciousness, and can lead to permanent disability or death without immediate treatment.

Those most at risk include those working outdoors, older adults, young children, individuals with chronic health conditions, and anyone unaccustomed to high heat or humidity.

Employee Safety and Employer Responsibility

Each year, a significant number of workers tragically lose their lives, and thousands more experience heat-related illnesses while performing their duties in hot and humid environments. With climate change leading to an increase in the number of days with temperatures exceeding 100°F, it is crucial for both employers and employees to recognize the importance of awareness and preparation in order to prevent heat-related incidents.

The Occupational Safety and Health (OSH) Act mandates that employers have a clear legal obligation to ensure that their workplaces are free from known hazards, which includes addressing the dangers associated with extreme heat. This responsibility encompasses providing appropriate

resources, such as sufficient hydration, access to cool rest areas, and training employees to recognize the signs of heat stress.

Employers should implement comprehensive heat safety programs that include regular breaks, monitoring workplace temperatures, and ensuring employees know how to protect themselves from heat-related illnesses. By taking these steps, employers can help create a safer work environment and protect the health and well-being of their employees.

To ensure safety in the workplace regarding heat hazards, it is important to:

- Identify heat hazards present at work, such as high air or surface temperatures, humidity, and low airflow.
- Implement a Heat Illness Prevention Program (refer to ESHM Section 08.03)
- Provide heat safety training (refer to Learning Hub courses MX11287 and SFTY9623-2025)
- Monitor daily weather conditions and adjust work activities as necessary.

Tips for Preventing Heat Illness:

Stay **Cool** ☀️

- Wear light, loose-fitting clothes that are light in color. Plan your outdoor activities carefully. Limit your time in the sun, take breaks in the shade, and apply sunscreen with SPF 15 or higher at least 30 minutes before going outside and reapply as needed.

Stay **Hydrated** 💧

- Drink plenty of fluids every 15 to 20 minutes, no matter how active you are. Don't wait until you feel thirsty. A sports drink can help replace the salt and minerals you lose when you sweat.

Stay **Informed** ☀️

- Check the OSHA-NIOSH Heat Safety App Tool. It features real-time heat index and hourly forecasts specific to your location, as well as signs and symptoms of heat-related illnesses and how to treat them.

Extreme heat is now a regular occurrence, not just an isolated event. Whether you work indoors or out, staying vigilant and taking preventive measures can mean the difference between a healthy shift and a medical emergency.

Make extreme heat safety a priority this summer for yourself, your coworkers, and your family. □



Call 911 if someone shows signs of heat stroke. Move them to a shaded or air-conditioned area and cool them with water or damp cloths while waiting for help.



UV SAFETY

Awareness Month

July is dedicated to raising awareness about the dangers of ultraviolet (UV) radiation and the importance of protecting your skin and eyes from sun exposure. As summer heats up and outdoor activities increase, it's more important than ever to take proactive steps to guard against UV damage, even on cloudy days or in cooler weather.

UV radiation from the sun is made up of UVA and UVB rays, both of which can harm your health. UVA rays penetrate deeply into the skin, accelerating premature aging and contributing to the development of wrinkles and age spots. UVB rays are the primary cause of sunburn and play a major role in the development of skin cancer. While people with darker skin have more melanin, which offers some natural protection, they are still vulnerable to sunburn, skin cancer, and UV-related aging.

Skin cancer is the most common form of cancer in the United States, with over five million cases diagnosed annually. Thankfully, many of these cases are preventable. In addition to increasing the risk of skin cancer, UV exposure can also lead to serious eye conditions like cataracts and may even suppress your immune system over time.

To minimize your risk, use a broad-spectrum sunscreen with an SPF of at least 30 and reapply it every





two hours, or more frequently if you are swimming or sweating. Wear protective clothing such as long-sleeved shirts, wide-brimmed hats, and UV-blocking sunglasses.

Stay in the shade, particularly during peak sun hours from 10 a.m. to 4 p.m. Keep an eye on the UV Index in daily weather forecasts; it serves as a helpful guide for understanding the day's UV intensity and adjusting your protection measures accordingly.

UV safety isn't just for beach days. Whether you're working, walking the dog, gardening, or exercising outdoors, consistent protection is key. UV damage accumulates over time, even without visible signs, such as sunburn.

That's why it's also critical to perform regular skin self-checks and watch for any unusual changes, such as new or changing moles, especially if you have fair skin or a history of sun exposure.

Make UV protection part of your daily routine to help prevent serious long-term health issues. Prioritize your safety by staying shaded and sun-smart—not just in July, but throughout the year. □

According to the American Academy of Ophthalmology, studies show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer.

Danger & Warning Tags



These simple, cheap little items are designed for one thing and one thing only. That is, to prevent component damage, but more importantly, injury or death to you or your fellow maintenance technicians. However, it is astonishing how often they are ignored.

Danger or warning tags can be ignored in two ways. First is failure to install them, and secondly, failure to adhere to them. Their use is often included or mandated in a myriad of maintenance procedures. In most cases, their use is preceded by a **"WARNING"** message. Comply with the procedures, warnings, and cautions as outlined. Affix them to switches, controls, and circuit breakers as instructed in the AMM. Even if the procedures do not require their use, think about the systems you are about to work on. If there is a remote chance of danger, install them.

It's cheap insurance to keep you or someone else from being maimed or killed. It would be tough to live with if you had to tell your coworker's family that you were responsible for the injury or death of their loved one. □



UPCOMING EVENTS

JULY
1-7



Clean Beaches Week

Get ready to hit the beach and do your part in keeping our oceans clean. This week-long celebration was established to raise awareness about the importance of maintaining clean and healthy beaches for both humans and marine life.

JULY
4

Independence Day

The United States celebrates Independence Day, commemorating the adoption of the Declaration of Independence on July 4, 1776, which marked the country's declaration of independence from the Kingdom of Great Britain.

JULY
13-19

Operation Safe Driver Week

An essential initiative dedicated to promoting safe driving habits among both passenger and commercial vehicle drivers! Law enforcement will actively monitor and address risky behaviors on the road.

JULY
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PPE ROADSHOW

TBA



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Matters!**

Got Feedback?

Suggestions on Safety topics in upcoming Newsletters?

Email: Safety@local591.com