



Stand for Safety

SEIU-West Worker Safety Committee

June 2018

Worker Safety Committee Mission Statement:

Create strategies and programs that broaden awareness of safety for all SEIU West members. We will strive to be a knowledgeable resource for staff, Executive Board and members and offer education and support for all members on matters relating to Occupational Health and Safety.

Summer Safety Tips

Summer is upon us! Time to look at some safety measures to help us all enjoy a great summer!

One of the greatest things about summer is being outside enjoying the sunshine.

Here are a few tips to keep safer in the sun.

- wear sunscreen that is a high SPF (30 or greater)
- make sure the sunscreen is waterproof or water resistant
- drink lots of water to keep hydrated
- wear a hat
- limit time in the direct sun between 11 and 4 when the sun is the hottest

One of the worst things about summer: the bugs!

Here are a few tips to reduce the risks of being bitten.

- wear insect repellent products containing DEET
- avoid being outside at dusk and dawn when mosquitoes are most active
- wear light coloured clothing—it's less likely to attract mosquitoes and makes it easier to see ticks
- avoid trail edges, mostly wooded areas, and long grass where ticks are more likely to be.

Summer is not very long, so get out there and enjoy it!

Reminder: please don't drive impaired!

Some strategies to avoid this dangerous move:

- Designate a sober driver
- Stay overnight at the host's home
- Take a cab
- Download SGI's Safe Ride App <https://www.sgi.sk.ca/saferide>

Just remember to be safe – someone out there loves you!

Heat Stroke Symptoms

The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign.

Other symptoms may include:

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness

<https://www.webmd.com/a-to-z-guides/heat-stroke-symptoms-and-treatment#2-3>



Check out our committee page on www.SEIUWEST.ca.