

# Safety First

Presented by: DON Services

JULY 2021

## SAFETY COMMITTEE:

- Neal Jones
- Justin Mastrantuoni
- Chris Little
- Tinna Miller
- Phillip Webster
- Danielle Marsh
- Patrick McGuire
- Bridget Krebs
- Sharon Gilliland
- Walt Heaney
- Jillian Hibler
- Rhonda Pager
- Kenny Rice
- April Caldwell
- Ashley Stevenson
- Kevin Hue

## Summer Heat Safety

One of the biggest dangers during extreme heat like this is dehydration. Our body keeps cool by sweating and you lose a ton of water during hot days when you're sweating a lot ... You lose water and electrolytes when you sweat. Some type of sports drink can be really helpful to replace those lost electrolytes."

Sugary drinks and alcohol can be "really bad for you" in extreme heat, It's also important to keep up your sodium levels, which can be impacted by sweating.

If you begin to feel nausea and stomach cramping, that's a sign of dehydration, which can lead to a "vicious cycle" since someone feeling ill might not want to drink liquid, which leads to further dehydration.

Flavoring water with fruits and even vegetables like cucumbers can make it more inviting, Some fruits have a high water content, so choose watermelon or grapes for snacking.

### If you have any safety questions or concerns:

- Contact your Coordinator immediately with any questions or concerns:

New Castle Office: **724-652-5144**

Donora Office: **724-856-4978**

Penn Hills Office: **724-856-4211**

Greensburg Office: **724-936-3900**

You can reach out to the Safety Committee directly at:  
**[donsafety@donservices.org](mailto:donsafety@donservices.org)**

Interim Chair of the Safety Committee - Justin Mastrantuoni  
Secretary—Bridget Krebs

# The Safety Committee's Health and Safety Tips

**Heatstroke and heat exhaustion** top the list and can be quite dangerous. If you start to feel sluggish, light-headed, nauseated or dizzy after being outside, listen to your body. Get into the shade or seek out air-conditioned areas. A cool shower or pouring cold water over wrists, ankles and the back of the neck can also help get body temperature down.

If you're wearing a mask because of the coronavirus pandemic, make sure to take it off so you can breathe freely. If you still feel unwell after cooling down and hydrating, seek medical treatment. People will be reluctant to seek treatment this summer because of the COVID-19 outbreak, but failure to do so for heatstroke can be dangerous.

The best thing to do if you know you'll be out in hot weather is to prepare behaviorally. Wear thin layers of light-colored clothing that can easily be shed. If you're outside, set a timer for 15 minutes to remind you to seek out a shady or air-conditioned spot after being in the sun.

