

InsideOut



It's Your Health; Own It!

June 2015

In This Issue: Skin Cancer Awareness; Beryllium Voluntary Program; Summer Recreation Safety

Keeping Your Cool: Heat Stress Prevention

Whether at work or play, those who are exposed to extreme heat or work in hot environments are at risk of heat related illness. While some may experience only heat cramps others may suffer from heat exhaustion or worse, heat stroke. As the summer draws near take the time to review these tips to help prevent heat related illness.

- Know [signs/symptoms](#) of heat related illness; monitor yourself; use a buddy system.
- Drink plenty of fluids, preferably every 15 minutes even when you're not thirsty.
- Wear lightweight, light colored, loose fitting clothes while working in high temperature conditions.
- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually acclimatize workers to hot work environments and allow more frequent breaks.

Your Employer Should:

- Routinely check workers who are at risk of heat stress.
- Provide training about the factors leading to heat stress and how to prevent them.
- Provide cool water to workers close to the work area.



- Establish a thorough heat illness prevention program within the workgroup.

If a worker displays any symptoms of heat exhaustion (i.e. confusion, weakness, irritability, nausea or dizziness) call your supervisor or 911 and stay with the worker until help arrives. Move the worker to a cooler/shaded area and remove outer clothing. Fan and mist the worker with water and apply ice or cold compress. Provide cool drinking water if they are able to drink.

Stay safe outside this summer!

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Heat Stress

Covers signs and symptoms of heat stress and strategies to reduce your risk.

Skin Cancer Awareness

Education and awareness of the common types of skin cancer along with screening recommendations and prevention measures.

Creative Exercise

Learn how to design an exercise plan for YOU—One that fits into your daily life and can be performed with little or no equipment.

Farmer's Markets

Information about the various community markets and everything they have to offer.

Local Summer Recreation

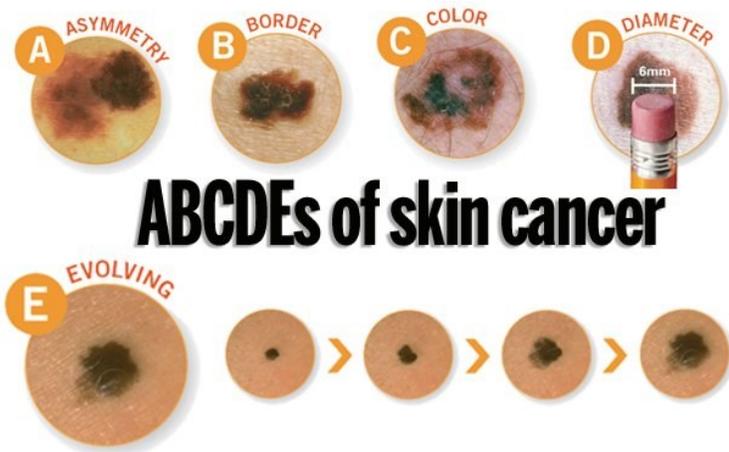
Learn about the endless recreational activities our area has to offer.

Skin Cancer Awareness

As the warmer months approach we tend to spend more time outside enjoying the beautiful long days. Do your part to protect yourself and your family from one of the most common types of cancer in the United States by knowing the facts. Each year 5 million individuals are treated for some form of skin cancer.

You are at increased risk if you have lighter skin and hair, history of sunburns, skin that freckles easily, or have a family history of skin cancer. Protect your skin by applying sun protection factor (SPF) 15 or greater at least 30 minutes PRIOR to going in the sun. Use approximately 1 ounce of sunscreen during each application and be sure to reapply every 2 hours or every 45 minutes if you are swimming or sweating heavily. In addition remember to cover up with clothing, wear a hat, seek shade, wear polarized sunglasses, and avoid peak hours of the day. Perform monthly skin checks so you can detect changes on your skin and moles early. Early detection increases your chances of successful treatment.

To learn more visit the [Center for Disease Control](http://www.cdc.gov/skinskiner.org) website or [skincancer.org](http://www.skincancer.org).



Upcoming Health Promotion Events

- June 4 [Worksite Health Fairs](#)
- June 10 [WorkFit Leader Training](#)
- June 11 [Worksite Health Fairs](#)
- June 9 [Run For Ribbons](#)
- July 1 [The PLAY Challenge starts](#)
- July 8 [WorkFit Leader Training](#)

Beryllium Voluntary Program

Any current Hanford workers whose EJTA does *not* designate him/her as a Beryllium Worker is eligible for the Beryllium Voluntary Program. HPMC OMS recommends ongoing surveillance for individuals with a history of potential past exposure to beryllium at any DOE site.



The program includes work history, medical history, physical exam, pulmonary function test, chest x-ray and BeLPT (blood test). All aspects of the Beryllium Voluntary Program evaluation are voluntary. Routine evaluation and testing are offered every three years. The HPMC OMS medical provider will determine if more frequent evaluations are recommended.

Your employer will not be notified of your scheduled beryllium appointment and will not receive a medical opinion or test results unless you receive a beryllium-related diagnosis. If you are diagnosed with beryllium sensitization or Chronic Beryllium Disease (CBD), HPMC OMS will issue a work restriction and notify your employer of your diagnosis through the job injury notification process.

For more information or to enroll in this program, contact our Beryllium Case Manager at 376-6000 or omc_beryllium@rl.gov.

PLAY!!!

This quarter, PLAY, is all about summer fun! You'll notice a consistent theme in our newsletter, presentations, and health challenge. With that in mind, everything is related to staying safe and healthy while enjoying the abundant food and recreation our region has to offer. A sense of PLAY is important to balance the responsibilities of life!



JUNE 2015

LIVE AND GROW WITH 5-2-1-0

Start with 5-2-1-0 every day! It's a proven program that encourages families and communities to adopt healthy habits with these 4 daily goals:

Five or more fruits and vegetables; **2** hours or fewer of recreational screen time; **1** hour or more of physical activity; and **0** sugary drinks.



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Fit Tip: Summer Recreation Safety

Boating, camping, and barbeques are some of the things we look forward to most in the warm (okay, HOT) summer months in the Tri-Cities area. Here are some tips to stay healthy this summer:

Always wear sunscreen – preventing sunburns ensures that your day (and future years) are not ruined due to sun burns or worse conditions like skin cancer.

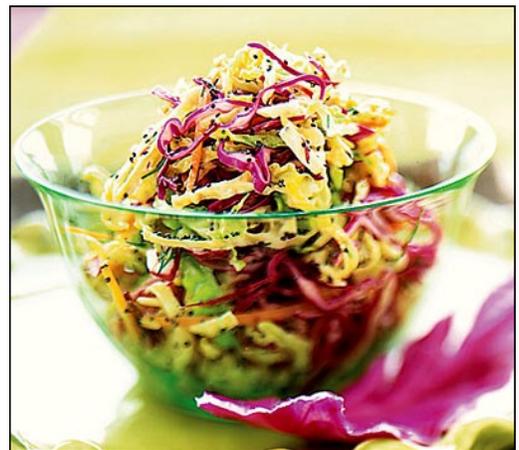
Drink water early and often – prevent dehydration with pure water or a sport drink. Don't just rely on thirst to guide your drinking. Try to drink 16-32 oz. every hour you are in the hot sun.

Limit alcohol while in the hot sun – alcohol leads to dehydration, which impedes your body's ability to cool itself by sweating.

Try to avoid being exposed to the sun in the hottest part of the day – have shade available if you must be out.

Know prevention, signs and symptoms of heat related illnesses – see the article on Page 1!

Perfect Picnic Salad



This low-cal confetti slaw combines sweet honey with spicy dijon mustard for a tangy addition to the vitamin C-packed cabbage.

We appreciate your readership! If you have questions, want to enroll in a program, or have a request, please call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources. June **PLAY** Catch Phrase: Go **PLAY!**

