

InsideOut



It's Your Health; Own It!

July 2016

Also In This Issue: "Quit It" Tobacco Cessation Program; *PLAY*Challenge; Fireworks Safety; Fit Tip

Heat Stress Awareness

Adapted from NIOSH

As the weather warms up, workers who work in hot environments may be at additional risk for heat related illness. Heat stress can result in heat cramps and rashes, heat exhaustion, or worse, heat stroke. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Workers at greatest risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease, high blood pressure, or take certain medications.

Because exposure to extreme heat can result in occupational illnesses and injuries, follow these recommendations:

- Recognize the [signs and symptoms of heat-related illnesses](#) and administer proper first aid.
- Provide time to acclimate to the heat. Gradually increase work in hot conditions over 7 to 14 days.
- Stay hydrated and avoid alcohol and caffeinated drinks.
- Take frequent rest breaks to give the body a chance to get rid of excess heat.
- Use a buddy system where workers observe each other for signs of heat intolerance.



- Use tools designed to minimize physical workload as available.
- Increase the number of workers per task.
- Immediately report to the supervisor any symptoms or signs of heat-related illness in yourself or in coworkers.

Prevention of heat stress in workers is important. Employers should provide training to workers so they understand what heat stress is, how it affects their health and safety, and how it can be prevented. For more information visit cdc.gov.

Featured Presentations

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

Outdoor Cardio Fitness

Learn the benefits of outdoor cardiovascular exercise and local outdoor recreation activities.

Diabetes Awareness

Education on risk factors, intervention, and prevention.

Local Foods & Recreation UPDATED

Learn about the endless recreational activities, food markets, and much more our area has to offer.

Skin Cancer Awareness

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

Heat Stress

Signs, symptoms, and prevention of heat illnesses.

“QUIT IT” Tobacco Cessation Program



August 15 – October 17, 2016

Mondays 3:30-4:30 pm

Registration ends **July 28, 2016.**

Contact Kelly Harnish at 373-3729 or kelly_e_harnish@rl.gov to enroll.

We understand the extreme hold that nicotine can have on a person. And we respect the fact that though many people wish to quit, it’s much easier said than done. Quitting tobacco is a process that sometimes ends in failure, but with each quit attempt, users become closer to being tobacco and nicotine free.

We use the most up-to-date education and clinical guidelines to provide the highest quality of support, and to give you the best possible chance at living a tobacco-free life.

Visit our [website](#) and this [flyer](#) for more information.

Participants will be provided with TEN WEEKS of nicotine replacement therapy (NRT).



Upcoming Health Promotion Events

- July 4 [Camp Patriot 4th of July Run](#)
- July 5-31 [PLAY Challenge](#)
- July 13 [WorkFit Train the Trainer](#)
- August 10 [WorkFit Train the Trainer](#)

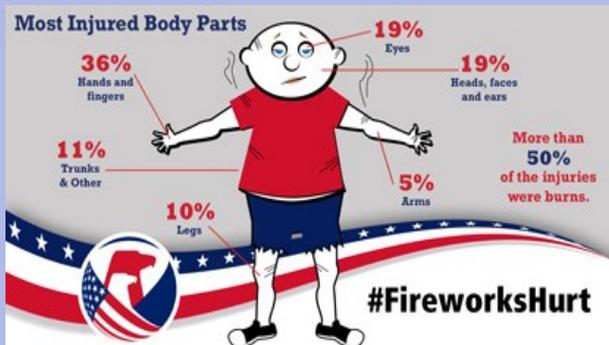
PLAY Health Challenge

It’s time to start tracking your points! Starting July 5th, log on to [WellSuite Health Challenge Tracker](#) and earn your activity points for a chance to win a hiking book, water bottle, or bag. It’s your health, own it!

Fireworks Safety Tips

- Never allow children to play with or ignite fireworks
- Never try to re-light or pick up fireworks that have not ignited fully.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Make sure fireworks are legal in your area before buying or using them.
- Never point or throw fireworks at another person.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- Always have a responsible adult supervise fireworks activities. Parents don’t realize that young children can suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees—hot enough to melt some metals.
- More Fireworks Safety Tips and info—

www.cpsc.gov/fireworks



Fit Tip: A Fitter Summer Vacation

Summer is here and it is time to take advantage of the great weather and long days. Stay healthy while vacationing by following these simple tips:

- Eat before heading to the airport or hitting the road.
- Pack healthy snacks, sunscreen, sunglasses and a hat.
- Visit local food markets for fresh food finds.
- Beware of drink choices- water is your best choice.
- Explore the city on foot or biking.
- Plan an adventure- hiking, kayaking, scuba diving.
- Book a fitness-friendly hotel.

Mindful Moments With Dr. Kusch

Increased recreational activities during the summer can make coming to work a whole lot harder. Often our minds are elsewhere and we operate on "autopilot." To regain control of a wandering mind, take a short one to two minute mindfulness break several times a day.

Sit up straight, let go of any thoughts that arise, and simply attend to your breath. Be fully present while attending to inhaling and exhaling. This practice will not only relax you but help you increase your focus and concentration. With improved attentional control, it will be easier to stay on track with work tasks.

Some studies show UV rays may be tied to:

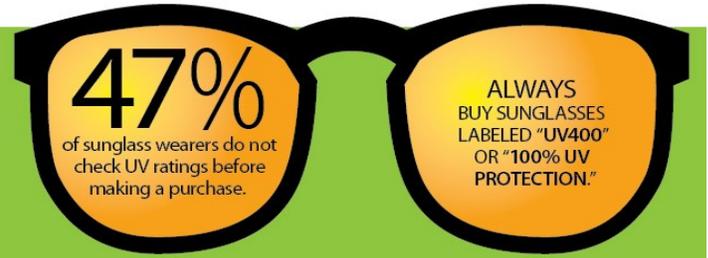
- Cataract (clouding of lens that causes blindness)
- Eye cancer (uveal melanoma)
- Photokeratitis (temporary sun blindness)
- Pterygium (a growth on the eye, often called surfer's eye)

**PROTECT YOURSELF
WITH UV-BLOCKING
GLASSES AND A HAT**

Source: Online survey conducted within the United States by Harris Poll on behalf of the American Academy of Ophthalmology between March 31, 2014 and April 2, 2014 among 2,027 U.S. adults ages 18 and older.

For more information, visit the EyeSmart website, geteyesmart.org.

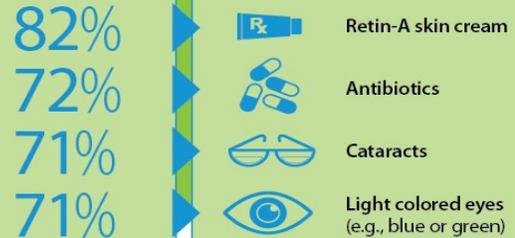
Get SunSmart!



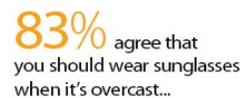
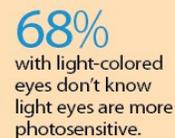
THESE TURN UP THE BURN

Some drugs and medical conditions can make people more photosensitive, or vulnerable to UV damage.

▼ Percent who do not believe these things cause photosensitivity:



COVER UP THE KIDS!



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