

THE INDUSTRIAL ATHLETE DIGEST


Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 29



THE RULE OF COOL

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It's hot! But it's a dry heat... I mean, it's not the heat, it's the humidity! Whichever hot weather cliché you choose, what remains is summer days are here to stay for awhile. And with hotter than normal temperatures country-wide, this means we need to stay PREPARED, stay hydrated, and stay cool!

WHAT IS HEAT-RELATED ILLNESS?  **HEAT SAFETY**

Heat-Related Illness /hit-rī'leɪtɪd 'ɪlnəs/ noun: heat-related illness, such as heat exhaustion and/or heat stroke, is the condition when a person's body temperature increases faster than it can cool itself down, which can lead to brain and other vital organ damage.

RISKY TO GET CRISPY

The Center for Disease Control explains those at greatest risk for heat-related illness are the young, elderly, those with chronic conditions, and those that participate in summertime activities - and yes, this includes working outside! Not only do we need to be cautious mowing the lawn, gardening, and watering, but this means when our day-to-day work puts us in these situations.

SUN BLOCK

There are several ways to protect yourself from heat-related illness when working outdoors in the sun. Proper hydration is key! OSHA also recommends wearing lightweight, loose fitting, and light-colored clothes. Wearing too much clothing or too tightly fitted clothing affects the body to cool itself properly. Choose fabrics that breathe or polyester blends that have moisture wicking properties.

A COOLER CHOICE




Apart from hydration and proper attire, we'd like to offer another cool option to keep in your toolbox - cooling towels! These towels can help regulate body temperatures through evaporative cooling technology. Simply put, they act as an artificial temperature regulator when your body isn't regulating temperature as it should in hot weather. Work Right recommends they not be a 'fix-all' to prevent heat-illness. However, they're certainly helpful tools in the ongoing struggle to prevent the effects of heat-related illnesses in low to medium humidity environments.

**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



HOW TO USE A COOLING TOWEL

-  Soak the towel thoroughly with cool water for a couple of minutes
-  Wring out the excess water
-  Give it a good shake or whip a few times to activate cooling. As long as your towel is moist, you can 'recharge' your towel.