



## The Heat is On

With rising summer temperatures, it's important to know that you become more vulnerable to heat-related injuries and illnesses. When your body is unable to cool itself through sweating, serious illnesses may occur, like heat exhaustion and heat stroke that could cause death. So, if you work outside during the summer or in an area that gets very hot, follow these simple guidelines to help you cope with the heat while working.

- Wear light, loose-fitting, breathable (like cotton) clothing.
- Drink lots of fresh, cool water even if you're not thirsty.
- Avoid eating large meals before working in hot environments.
- Adjust to the heat by alternating difficult tasks with easier ones for the first five to seven days of intense heat.
- Alternate work and rest periods with longer rest periods in a cooler area. Shorter, but frequent, work/rest cycles are best. Schedule heavy work for cooler parts of the day.
- Do not physically exert yourself any more than necessary.
- Use general ventilation and spot cooling at points of high-heat production. Good air flow increases evaporation and cooling of the skin.
- Learn the signs and symptoms of heat-induced illnesses and what to do to help yourself or a co-worker should the need arise. These symptoms include mental confusion/loss of consciousness, very high body temperature, and hot, dry skin. If someone has stopped sweating, seek medical attention immediately.
- Be sure you know who is trained to render first aid and can treat the signs of heat stress.
- Inform your supervisor about any physical conditions, including obesity, lack of conditioning, pregnancy, and inadequate rest, which can increase susceptibility to heat stress.
- Certain medical conditions, such as heart conditions, or treatments like low-sodium diets and some medications, increase the risk from heat exposure. Seek medical advice in those cases.
- If you need to help someone who is a victim of a heat-related illness, first, call for emergency help (ambulance or call 911). Then:
  - Move the person to a cool shaded area. Don't leave the person alone.
  - Lay them on their back and if the person is having seizures/fits remove any objects close to them so they won't strike against them.
  - If the person is sick to their stomach, lay them on their side.
  - Remove any heavy and outer clothing.
  - Have the person drink some cool water (a small cup every 15 minutes) if they are alert enough to drink anything and not feeling sick to their stomach.
  - Try to cool the person by fanning them. Cool the skin with a cool spray mist of water, wet cloth, or wet sheet.
  - If ice is available, place ice packs under their armpits and in groin area. ❄️

## Take a Hike!

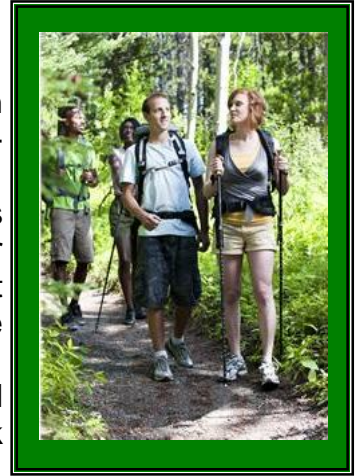
Many look to the mountains for peace and tranquility. Others go there to challenge their physical abilities through activities like rock climbing, backpacking, biking, and kayaking. As much fun as these sports can be, they can also be dangerous, especially if you're inexperienced. It's important that you remember to take steps to ensure your safety on such an excursion.

Experts provide the following recommendations:

- † Whatever activity you plan for the mountains, take some classes or instructions to learn the basics on how to perform properly.
- † Make sure you have the appropriate equipment for the activity.
- † Ideally, if it's your first time out, go with someone who has experience and is familiar with the area.
- † Let somebody know where you are going, how long you plan to stay out, what route you'll be taking and what equipment and supplies you're taking along. In case of an emergency,

such information can be a great help for potential rescuers.

- † If you alter your plans after you're on your way, let your contact know what you have decided.
- † Take more food and water than you think you will need.
- † If you're coming from a lower elevation, allow a day for your body to get used to the altitude before climbing higher.
- † If you're going into a new area, even if you are an experienced hiker or climber, get as much information as possible about the weather, terrain, and any special dangers you might encounter (i.e., wildlife).
- † Know your capabilities and work within your limits. Don't push it. 🚗



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## Many Lives Ride on Your Tires



Imagine driving along a major, multi-lane highway at 65 miles an hour. Now think about how many rotations your tire is making in an hour – over 52,000 rotations per hour is the answer.

Each tire will build up heat due to the friction when it meets the highway. Sidewalls can fail due to extreme flexing as a result of the thousands of rotations the tire will endure.

How can this be avoided? By investing in a tire pressure gauge. These are available at any auto

supply store or auto section of a department store. Each tire should be tested to be sure it has the minimum pressure that is marked on the sidewall of each tire.

If you do not feel comfortable performing this check, have a mechanic do it for you. Your life is riding on your tires. Please remember to have them inspected and serviced at every oil change.



*By Dave Engebretson  
NJSBAIG Loss Control Consultant*



A workers' compensation claim petition (CP) is a legal document filed with the Division of Workers' Compensation. The Division is overseen by the Department of Labor. The claimant is entitled to seek three types of benefits through a CP: Temporary Disability Benefits, Medical Benefits and Permanent Disability Benefits. After filing with the Division, a copy of the CP is sent to the employer and the insurance carrier. It is mandatory that the insurance carrier for the employer file a formal answer within 30 days.

A problem often arises when the CP lists the wrong insurance carrier. If that happens, the carrier never receives a copy and cannot file an answer within the mandatory 30 days. However, the employer always receives a copy. This is why it is important for the employer to contact us whenever a CP is received. The CP can be sent to us by mail or fax. Once this is done, we can ensure that all petitions are answered in a timely manner.

If anyone has any further questions on this topic, I can be reached at 609-386-6060 extension 3015. 📠

*Connie Rogers*  
NJSBAIG Claims Supervisor



## Fireworks - Holiday Safety

The Fourth of July, Cinco de Mayo, Chinese New Year and other celebrations seem more festive and exciting with fireworks. Unfortunately, the reckless or illegal use of fireworks can also make such holidays more dangerous. Of the thousands of people injured or maimed each year by fireworks, almost half are under 15 years of age.

### Fireworks Safety at Home

Don't assume you know how to handle legal fireworks, even those you've ignited in the past or those you've seen others ignite. Read and follow the directions each year for each type of firework. An adult should always be present as long as fireworks are being used. Don't tamper or experiment with fireworks or try to use their powder for other purposes. Never light fireworks inside a can or bottle. Always light fireworks outdoors away from structures and any flammable materials or fluids. Light one at a time, stand back quickly once a

fuse catches fire and keep a bucket of water handy for emergencies and duds. Never try to relight or handle misfired or malfunctioning fireworks. Soak them with water and throw them out in a nonflammable container, picking them up with a shovel. If you won't be using fireworks for a while, read their instructions and carefully store them in a cool, dry place. Some types have special storage requirements.

Although it is recommended to attend an officially run public fireworks display rather than try to use fireworks at home, with careful attention to safety precautions you can avoid the many hazards of fireworks. 📠



