

Porcelain Press

Issue 45, July 2004

Keep Your Cool

Be alert for the symptoms of heat exhaustion and heat stroke.

Heat exhaustion causes cold, clammy, or sweaty skin; weakness, fatigue and a cold sweat. Cool yourself and bring your temperature back to normal by getting out of the sun and having a cool drink. If you are confused, lethargic, or have a fever, you should be taken to the hospital. (3J802)

Heat stroke is a medical emergency that can be fatal without immediate treatment. It causes headache, vertigo, fatigue, and hot, dry skin. Your body temperature may climb to as high as 106 degrees Fahrenheit and you'll be confused and lethargic. If this happens to you, or you witness someone with these symptoms, call 911.

Keep yourself cool during the hot days of summer.

- ◆ Drink plenty of water - especially before and during physical activity. (3H829)
- ◆ Exercise in the early morning or evening.
- ◆ Wear lightweight loose-fitting clothing, and try to stay inside during the hottest part of the day.
- ◆ Treat yourself to a movie in a cool air-conditioned theater.

Summer Sun Safety



PNNL recently lost a member of our team to melanoma, and approximately one million more Americans will be diagnosed with skin cancer this year.

Skin cancer is the most common form of cancer in the United States. It is also the most preventable.

- ◆ Use sunscreens rated SPF 15 or higher. Apply one tablespoon to your face and neck, and two to three tablespoons to your body 30 minutes before exposure. Reapply every 2 hours and after swimming and sweating.
- ◆ You can get sunburned in the shade. 85% of ultraviolet rays are reflected off sand, water and snow.

**VPP Picnic
Staff Safety
Performance Celebration
Thursday, August 5
11 a.m. - 1 p.m.
BSA Picnic Area
Free Lunch!
All Staff are invited!**

- ◆ Try to stay out of the sun between 10 a.m. and 3 p.m., or limit your time in the sun to an hour or two. Particularly try to avoid exposure between 11 a.m. and 1 p.m. when the sun's rays are the strongest. (3L242)
- ◆ Wear a hat to protect your face and scalp.
- ◆ Wear sunglasses with UV protection to avoid cataracts and other retinal problems.
- ◆ If you haven't had at least one checkup by a dermatologist by the time you are 30 - do so today.

PNNL Safety Performance - Data as of 6/25/04

Monthly case counts may fluctuate due to re-classifications that are made when additional/updated information is received.

