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**Summer weather and high daytime temperatures are here.** Staff, volunteers and summer program participants need to know how to prevent health problems caused by high temperatures. Organizations should provide heat stress training to staff and supervisors. Everyone should keep the following precautions in mind when spending time outdoor during daytime hours: keep hydrated (drink a glass of water every 15 to 30 minutes to prevent overheating, take breaks to cool down (at least a 10- or 15-minute break every two hours) and remember to adapt your pace to the weather. Read more HERE. Also have staff check out OSHA's Heat Safety Tool mobile app to calculate the Heat Index for your location and get reminders about how to prevent heat illness every day.

**Are you prepared for Hurricane Season?** Organizations are encouraged to stay aware of weather forecasts, train workers on workplace severe weather plans, and keep emergency supplies on hand, including a battery-operated weather radio. OSHA provides resources on workplace preparedness and response for severe weather emergencies including hurricanes, floods and tornadoes, among others. Resources are available at the National Hurricane Center's Web page and OSHA's Hurricane Preparedness and Response page. The Emergency Preparedness page from Ready.gov has great resources for including youth and other participants in your emergency planning.

**Slips, trips and falls are among the leading types of accidents** for many programs and organizations. They can account for a large portion of general liability claims and the majority of workers compensation costs. Slips are primarily caused by a slippery surface and can be compounded by wearing the wrong footwear. Tripping often happens where surfaces transition or change elevation. While these types of accidents are common, they can be prevented through training, good housekeeping, signage and care. Safe-Wise Consulting has prepared a tip sheet that can help your organization prevent these common injuries.

**Preventing Recreational Water Illnesses Helps Keep Pools Open.** As many pools open for the season there will likely be high bather loads as people in your community celebrate warmer weather. Taking three hours of your time to make sure you are prepared for potential illness outbreaks is the difference between a potentially difficult season and a fulfilling one. The National Swimming Pool Foundation ([NSPF](#)) offers a Recreational Water Illnesses (RWI) Prevention Online Course. RWIs can cause a wide variety of symptoms, including gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. This course is intended to help professionals understand and prevent these often serious illnesses. The course also includes a 114-page handbook. Read more [HERE](#).

**Prevent tick bites when enjoying the outdoors** - Ticks can be more than just a nuisance to staff and participants - they can cause serious illnesses, including Lyme Disease. OSHA has resource information on protecting people from tick hazards as well as other risks that can be expected when spending time outdoors. Check out the "[Working Outdoors in Warm Climates](#)" fact sheet.

**Safety breaks at pools can help prevent aquatic incidents.** Implementing hourly break periods (5-10 minutes) during recreation swims is encouraged by the Centers for Disease Control ([CDC](#)) to help reduce fecal accidents and incidence of recreational water illnesses ([RWIs](#)) by allowing time for youth to use restrooms. During these breaks the entire pool is cleared of swimmers for the rest period. These breaks can also help maintain lifeguard alertness by giving guards time to regroup, refresh and rotate positions. Other benefits include encouraging all staff and swimmers at outdoor pools to use the time to hydrate, apply sunscreen and for groups to ensure all members are accounted for. More information on summer pool safety is available [HERE](#).

### **This Month's Topics:**

*Summer Weather and Heat Illness Prevention*  
*Hurricane Season Prep*  
*Preventing Slips, Trips & Falls*  
*Recreational Water Illness Prevention*  
*Protecting From Tick Exposures*  
*Summer Aquatic Safety*