

The Safety Pen



Protect Yourself from Heat-Related Injuries

Some Quantum employees spend their work days in a climate controlled environment. Most of our employees, however, work in the field or in the shop where summer time temperatures can reach well over 100 degrees. As summer nears, it is critically important that every employee works safely and smartly in the heat.

Heat-induced illness such as heat exhaustion and the more severe heat stroke, can result in death. Factors leading to heat stress include high temperature and humidity, direct sun or heat, limited air movement, physical exertion, poor physical condition, some medications, and inadequate tolerance for hot work places. Symptoms that indicate heat exhaustion include headaches, dizziness, lightheadedness, or fainting, weakness and moist skin, irritability, confusion, and upset stomach or vomiting. Heat Stroke symptoms include dry, hot skin with no sweating, mental confusion or losing consciousness, and seizures.

To prevent heat-related injuries, take proactive measures to eliminate these symptoms. Drink lots of water. Experts recommend drinking 1 cup of water every 15 minutes. Wear lightweight, light colored clothing if possible. Avoid alcohol, caffeine, and heavy meals. Whenever possible, stay out of direct sunlight, use cooling fans, and rest regularly.

If someone does succumb to a heat-related illness, call 911 or other local emergency number immediately. While waiting for help to arrive, move the person to a cool, shaded area. Loosen or remove heavy clothing. Provide cool drinking water and mist the person with water.

Perhaps the most important advice is to utilize a buddy system. Watch for symptoms of heat stress in your fellow workers. Many of us will fail to admit that we're experiencing heat related stress, but when a co-worker recognizes that we're in a danger zone, we're more apt to seek relief.

Melinda Colson

Human Resources Manager

Safety Trivia

- The first person to be killed in an auto accident in the U.S. was Henry H. Bliss, a 68-year-old real estate broker. On September 14, 1899, in New York City, Mr. Bliss stepped from a streetcar, turned to assist a woman passenger, and was hit by a cab.
- The Travelers Insurance Company probably issued the first accident policy in the U.S. to James Bolter of Hartford, Connecticut, in 1864. The policy covered Mr. Bolter for his walk from his job at the Post Office to his home on Buckingham Street. Cost of the premium: 2 cents.
- The first fatal plane accident occurred on September 17, 1908 – the pilot in that crash was none other than Orville Wright. In mid-flight, the propeller broke and the plane plunged 150 feet. Orville suffered multiple hip and leg fractures, but Lieutenant Thomas E. Selfridge of the U.S. Signal Corps, who was also on board, died.



Write down the letter at the arrow, then write down every other letter as you go clockwise around the circle. Email your solution to this puzzle and the crossword puzzle on the next page to bryanward@quantumdm.com within ten days to receive a bonus Jackpot gamecard.

Quantum

Drilling

Motors

&

Directional

Services



Across

- 5. To remove dirt and germs
- 7. The name for keeping a clean and healthy environment is good...
- 8. A person often feels this way when they've eaten spoiled food

Down

- 1. A healthy capacity for vigorous activity
- 2. Cotton or rubber hand coverings
- 3. Sanitary covering for the head
- 4. How we remove dirt and germs from ourselves
- 6. Allow something to warm up to room temperature



Lawn and Garden Safety Tips

While our backyards and gardens are usually peaceful havens where we can relax, their upkeep can lead to injury when proper safety precautions are not followed. Each year about 400,000 people are treated in hospital emergency rooms for injuries related to the use of lawn and garden tools. Although most injuries are minor, some can be quite severe. The American College of Emergency Physicians recommends the following guidelines to prevent yard injuries:

- Wear protective eyewear when operating all gardening equipment.
- Wear earmuffs or earplugs.
- Wear protective clothing such as close-fitting clothes, gloves, long pants, long-sleeved shirts, and slip-resistant shoes.
- Wear sunscreen and stay hydrated.
- Don't lift yard waste that is too heavy for you. Utilize a dolly or wheelbarrow.
- Don't walk on slippery or uneven surfaces while carrying yard waste or equipment.
- Follow the manufacturer's directions when using chemicals on your lawn.
- Keep children and pets away from the lawn after chemicals are used.
- Store all gardening chemicals in a locked, ventilated area that is out of the reach of children.
- Hoses should be stored properly after use to avoid tripping. Lay ladders on their sides. Lay rakes with tines down.
- Never work with lawn and garden equipment in damp or wet conditions.
- Install a ground-fault circuit interrupter to avoid electrical shock.
- Before mowing, remove debris from the lawn such as rocks, metal, glass, sticks, etc.
- Keep a first-aid kit in your home and emergency medical numbers posted near your phone.

