

Safety Newsletter



The Great California ShakeOut

Annual Statewide Earthquake Drill

ShakeOut is next week! Everyone, everywhere should know how to protect themselves from earthquakes, so be sure you are talking it up in-person, on social media, and all around town. Your participation in **#ShakeOut** will inspire others to get prepared, making the world a safer place!

Where will you be Thursday at 10:15 a.m.? If you need to make updates to your drill plans, [log in](#) to your account to update them. While most will participate on 10/15 at 10:15 a.m., you or your organization can participate on any day in 2015.

California ShakeOut Update 9.7 Million Participants Registered So Far

ShakeOut Tip: After you complete your drill, [log in](#) for your certificate of participation!

Join Us
in the
World's Largest
Earthquake Drill.
October 15, 2015
[www.ShakeOut.org](#)
ShakeOut

It is also a good time to encourage others to register still, by sharing [ShakeOut.org](#) with them no matter where they live!

And Are You Really Registered? Log In to Make Sure!

BENEFITS

By registering for the ShakeOut, you or your organization will:

- Be [counted](#) in the largest-ever earthquake drill in California!
- Be [updated](#) with ShakeOut news and preparedness tips
- Be [listed](#) with other participants in your area (Optional)
- Have **peace of mind** that you, your family, your co-workers and millions of others will **be better prepared to survive and recover quickly** from our next big earthquake!
- Be an [example](#) that motivates others to [participate & prepare](#)



Our pets enrich our lives in more ways than we can count. They are members of the family. In turn, they depend on us for their safety and well-being. The best way to ensure the safety of your entire family is to be prepared with a disaster plan. If you are a pet owner, that plan includes your pets. Being prepared can help save lives

Just as you do with your family's emergency supply kit, think first about the basics for survival, particularly food and water. Below are a few essentials that pet owners should keep in mind:

- **Food:** Keep at least three days of food in an airtight, waterproof container.
- **Water:** Store at least three days of water specifically for your pets, in addition to water you need for yourself and your family.
- **Medicines and medical records:** Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.
- **First aid kit:** Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Most kits should include cotton bandage rolls, bandage tape and scissors; antibiotic ointment; flea and tick prevention; latex gloves, isopropyl alcohol and saline solution. Include a pet first aid reference book.
- **Collar with ID tag, harness or leash:** Your pet should wear a collar with its rabies tag and identification at all times. Include a backup leash, collar and ID tag in your pet's emergency supply kit.
- **Important documents:** Place copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container and also add them to your kit.
- **Crate or other pet carrier:** If you need to evacuate in an emergency situation take your pets and animals with you, provided that it is practical to do so.
- **Sanitation:** Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs.


For more information log onto : <http://www.cdc.gov/features/petsanddisasters/>



80°

The revisions, which the Division of Occupational Safety and Health say are necessary based on the Division's enforcement experience, are aimed at specifying the requirements for provision of water and shade. It also ramps up requirements under the high-heat provisions and adds new language on emergency response procedures, acclimation and training. Specifically:

- Water must be “fresh, pure, suitably cool” and located as close as practicable to where employees are working, with exceptions when employers can demonstrate infeasibility.
- Shade must be present at 80 degrees, instead of the current 85, and accommodate all employees on recovery or rest periods, and those onsite taking meal periods.
- Employees taking a “preventative cool-down rest” must be monitored for symptoms of heat illness, encouraged to remain in the shade and not ordered back to work until symptoms are gone. Employees with symptoms must be provided appropriate first aid or emergency response.
- High-heat procedures (which will remain triggered at 95 degrees) shall ensure “effective” observation and monitoring, including a mandatory buddy system and regular communication with employees working by themselves. During high heat, employees must be provided with a minimum 10-minute cool-down period every two hours.
- Emergency response procedures include effective communication, response to signs and symptoms of heat illness and procedures for contacting emergency responders to help stricken workers.
- Acclimation procedures including close observation of all employees during a heat wave – defined as at least 80 degrees. New employees must be closely observed for their first two weeks on the job.

Average	Monthly												Temperature	By City
														
	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec		
Riverside	68	68	71	76	80	87	94	95	91	83	74	67		
Lake Elsinore	66	67	72	77	84	91	98	99	94	83	73	65		
Temecula	67	68	69	71	76	81	86	90	88	81	74	67		
Hemet	69	69	73	77	84	92	99	98	94	85	74	68		
Beaumont	63	65	69	74	81	89	96	97	92	81	71	63		
Palm Springs	71	74	80	88	96	104	108	107	102	91	78	69		
Indio	72	75	81	87	96	103	107	107	102	92	80	71		
Mecca	72	76	83	89	97	105	109	108	103	93	80	71		
Blythe	68	73	80	88	97	105	109	108	102	90	76	66		
US Climate Data; http://www.usclimatedata.com/climate/california/united-states/3174														

Heat Illness Again???

Heat-related emergencies

are progressive conditions caused by overexposure to heat. If recognized in the early stages, heat-related emergencies can usually be reversed. If not recognized early, they may progress to heat stroke, a life threatening condition.

There are three types of heat-related emergencies.

Heat Cramps

Heat Exhaustion (early stage)

Heat Stroke (late stage)

Heat Cramps

affect people who sweat a lot during demanding activity. Sweating reduces the body's salt and moisture and can cause painful cramps or muscle spasms that usually occur in the legs or abdomen. Heat cramps are the least severe of the heat-related emergencies and may also be a symptom of heat exhaustion.

Heat Exhaustion (early stage)

is an early indicator that the body's cooling system is becoming overwhelmed.

Signals of heat exhaustion include:

- Cool, moist, pale, ashen or flushed skin.
- Headache, nausea, dizziness
- Weakness, exhaustion
- Heavy sweating

Heat Stroke (late stage)

is the most serious heat-related illness. It happens when the body's systems are overwhelmed by heat and stop functioning. Temperature rises quickly and the body cannot cool down. Heat Stroke is a life-threatening condition.

Who's at Risk?

Those at highest risk include the elderly, the very young, people with mental illness and people with a chronic disease. However, even young and healthy individuals can succumb to heat if they participate in demanding physical activities during hot weather.

Care for Heat-Related Emergencies

Take the following steps to care for someone suffering from a heat-related emergency:

- Move the person to a cool place.
- Remove perspiration-soaked clothing.
- Apply cool, wet towels to the skin.
- Fan the person..
- If the person is conscious give small amounts of cool water to drink.
- Avoid liquids that have alcohol, caffeine or lots of sugar because they will speed up fluid loss.

If the person refuses water, vomits or starts to lose consciousness —

- Send someone to call 9-1-1 or the local emergency number.
- Place the person on his or her side.
- Continue to cool the person by using ice or cold packs on their wrists, ankles, groin, neck and in the armpits.
- Continue to check signs of life (movement and breathing)

Signals of heat stroke include:

- Red, hot, dry (or moist) skin.
- Changes in the level of consciousness.
- Vomiting.

WHAT TO DO

- Move out of the heat/Sun
- Lay down (indoors -AC or shade), elevate your legs and feet slightly
- Remove or loosen tight clothing
- Drink water
- Call for help

How to Avoid Dehydration

Don't wait until you feel thirsty to drink water. Under normal conditions, an adult should drink about two liters of water each day to stay hydrated, and in extreme temperatures, two to four 8-ounce glasses of cool fluid an hour will help keep you hydrated and decrease the risks for heat exhaustion or heat stroke.

In the course of a day's work in the heat, a worker may produce as much as 2 to 3 gallons of sweat. Because so many heat disorders involve excessive dehydration of the body, it is essential that water intake during the workday be about equal to the amount of sweat produced. Most workers exposed to hot conditions drink less fluids than needed because of an insufficient thirst drive. A worker, therefore, should not depend on thirst to signal when and how much to drink. Instead, the worker should drink about one cup of fluid every 15-20 minutes to replenish the necessary fluids in the body.

What should I avoid?

Coffee, tea, caffeinated sodas and highly sugared drinks are **not** recommended for hydration. These beverages can actually promote dehydration and can make symptoms worse, rather than replenishing badly needed fluids.

For more information on hydration and managing heat stress, please visit the following websites:

http://www.osha.gov/OshDoc/data_Hurricane_Facts/heat_stress.pdf

<http://www.dir.ca.gov/dosh/heatillnessinfo.html>



Water helps your body:

- * Keep your temperature normal
- * Lubricate and cushion joints
- * Protect your spinal cord and other sensitive tissues
- * Get rid of wastes through urination, perspiration, and bowel movements

Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking when thirsty and drinking with meals.

Your body needs more water when you are:

- In hot climates
- More physically active
- * Running a fever
- * Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:

- * Carry a water bottle for easy access when you are at work or running errands.

* Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.

* Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories.

* Choose water when eating out. Generally, you will save money and reduce calories.

Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

Avg. Temp	Oct
Riverside	83
Lake Elsinore	83
Temecula	81
Hemet	85
Beaumont	81
Palm Springs	91
Indio	92
Mecca	93
Blythe	90