



Safety Newsletter

May 2018

HEAT ILLNESS

[Article Link](#)

Stay safe during hot-weather exercise by drinking enough fluids, wearing proper clothing and timing your workout to avoid extreme heat.

Whether you're running, playing a pickup game of basketball or going for a power walk, take care when the temperature rises. If you exercise outdoors in hot weather, use these commonsense precautions to prevent heat-related illnesses.

Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature and humidity can increase your core body temperature.

To help cool itself, your body sends more blood to circulate through your skin. This leaves less blood for your muscles, which in turn increases your heart rate. If the humidity is also high, your body faces added stress because sweat doesn't readily evaporate from your skin. That pushes your body temperature even higher.

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long, you sweat heavily, and you don't drink enough fluids.

The result may be a heat-related illness. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated. Heat illnesses include:

Heat cramps: Heat cramps, sometimes called exercise-associated muscle cramps, are painful muscle contractions that can occur with exercise. Affected muscles may feel firm to the touch. You may feel muscle pain or spasms. Your body temperature may be normal.

Heat syncope: and exercise-associated collapse Heat syncope is a feeling of lightheadedness or fainting caused by high temperatures, often occurring after standing for a long period of time, or standing quickly after sitting for a long period of

time. Exercise-associated collapse is feeling lightheaded or fainting immediately after exercising, and it can occur especially if you immediately stop running and stand after a race or a long run.

Heat exhaustion: With heat exhaustion, your body temperature rises as high as 104 F (40 C), and you may experience nausea, vomiting, weakness, headache, fainting, sweating and cold, clammy skin. If left untreated, heat exhaustion can lead to heatstroke.

Heatstroke: Heatstroke is a life-threatening emergency condition that occurs when your body temperature is greater than 104 F (40 C). Your skin may be dry from lack of sweat, or it may be moist.

You may develop confusion, irritability, headache, heart rhythm problems, dizziness, fainting, nausea, vomiting, visual problems and fatigue. You need immediate medical attention to prevent brain damage, organ failure or even death.

During hot-weather exercise, watch for signs and symptoms of heat-related illness. If you ignore these symptoms, your condition can worsen, resulting in a medical emergency. Signs and symptoms may include:

Muscle cramps	Lightheadedness
Nausea or vomiting	Confusion
Weakness	Irritability
Fatigue	Low blood pressure
Headache	Increased heart rate
Excessive sweating	Visual problems

If you develop any of these symptoms, you must lower your body temperature and get hydrated right away. Stop exercising immediately and get out of the heat. If possible, have someone stay with you who can help monitor your condition.

In cases of heatstroke, due to confusion and mental status changes, you won't be able to treat yourself and you'll require emergency medical care. The most effective way of rapid cooling is immersion of your body in a cold- or ice-water tub.

In cases of heat exhaustion, remove extra clothing or sports equipment. Make sure you are around people who can help you and assist in your care. If possible, fan your body or wet down your body with cool water.

You may place cool, wet towels or ice packs on your neck, forehead and under your arms, spray yourself with water from a hose or shower, or sit in a tub filled with cold water. Drink fluids such as water or a sports drink. If you don't feel better within about 20 minutes, seek emergency medical care.

If you have signs of heatstroke, you'll need immediate medical help. If your core temperature is less than 104 F (40 C), but it doesn't come down quickly, you'll also need urgent medical attention. In some cases, you may need fluids through intravenous (IV) tubes if you're not able to drink fluids, or not able to drink enough fluids.

Get cleared by your doctor before you return to exercise if you had a heatstroke. Your doctor will likely recommend that you wait to return to exercise or sports until you're not experiencing symptoms. If you had a heatstroke, you may require several weeks before you are able to exercise at a high level. Once your doctor clears you for exercise, you may begin to exercise for short periods of time and gradually exercise for longer periods as you adjust to the heat.

When you exercise in hot weather, keep these precautions in mind:

Watch the temperature. Pay attention to weather forecasts and heat alerts. Know what the temperature is expected to be for the duration of your planned outdoor activity. In running events, there are "flag" warnings that correspond to the degree of heat and humidity. For example, a yellow flag requires careful monitoring, and races are canceled in black flag conditions.

Get acclimated. If you're used to exercising indoors

or in cooler weather, take it easy at first when you exercise in the heat. It can take at least one to two weeks to adapt to the heat. As your body adapts to the heat over time, gradually increase the length and intensity of your workouts.

Know your fitness level. If you're unfit or new to exercise, be extra cautious when working out in the heat. Your body may have a lower tolerance to the heat. Reduce your exercise intensity and take frequent breaks.

Drink plenty of fluids. Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well-hydrated with water. Don't wait until you're thirsty to drink fluids.

If you plan to exercise intensely, consider a sports drink instead of water. Sports drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid alcoholic drinks because they can actually promote fluid loss.

Dress appropriately. Lightweight, loosefitting clothing helps sweat evaporate and keeps you cooler. Avoid dark colors, which can absorb heat. If possible, wear light-colored clothing and a wide-brimmed hat.

Avoid midday sun. Exercise in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas, or do a water workout in a pool.

Wear sunscreen. A sunburn decreases your body's ability to cool itself and increases the risk of skin cancer.

Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.


Understand your medical risks. Certain medical conditions or medications can increase your risk of a heat-related illness. If you plan to exercise in the heat, talk to your doctor about precautions.

Heat-related illnesses are largely preventable. By taking some basic precautions, your exercise routine doesn't have to be sidelined when the heat is on.

Surviving an Active Shooter Event

by Matthew Jones

It's probably something you have read about online or seen on TV, but after the initial shock of the incident you went back to daily life. Someone walked into a building with a gun and an issue and started shooting. People, sometimes children, are killed or wounded and life changes forever. But it always seems so distant, nothing that would affect you, until it does. An unfortunate part of daily life these days is that around every 3-4 months, an active shooting incident occurs in the United States. Knowing how to react if you are involved in an active shooting incident can be the literal difference between life and death. The generally accepted response to these types of incidents is RUN, HIDE, FIGHT. Charles Darwin opined that people, as a species, had two different reactions to trouble that competed with one another. The first is self-preservation and the second is altruism. It is almost ingrained in the American psyche to help those in need. In any natural disaster, troves of people and donations funnel into a given community to assist those in need. Americans in large part want and need to help in troubled times. But what if helping can result in injury or even death? Ultimately, self-preservation will help to carry you through any number of situations but you must be prepared. Consider this-

RUN	HIDE	FIGHT
<p>In the unlikely event of an active shooting incident, removing yourself from the area is the best way to avoid death or serious injury. Have you ever thought how you would evacuate your workspace in the event of an incident? Taking time to prepare can mean the difference between life and death. If an incident occurs in your building, RUN. Take time to observe what's happening around you and listen. Run away from the gunfire and inform who you can about what's happening. Know where the exits to the building are. If you encounter injured people, remember you could injure them more by moving them. Police Officers and Deputy Sheriffs are trained to move past injured people and find the suspect. Although it is your decision, it is highly suggested that you leave the building and inform first responders of the situation when safe. Trying to drag or carry severely injured people to safety could slow your escape or complicate their injuries. If the events in Las Vegas in September 2017 have taught us something, it's that distance and cover save lives, so go as far away from the building as possible and hide (both top and front) behind something hard. If you encounter law enforcement, remember not to grab or run directly to them. Keep your hands up and let them know you're a County employee and describe what's occurred. Follow their orders.</p>	<p>Have you ever thought about what would happen if the events overtook you, and you were unable to run? Many County buildings have large rooms with multiple workspaces that make it hard to hear what's happening around you, or maybe you have an office that is well insulated to outside sounds. Either way, you must be prepared in the event you are unable to escape. If you can't run, HIDE. Knowing which room can be defended and secured is an important part of preparing for the unthinkable. Some of the questions you should ask yourself are- does my door open inward or outward? Outward opening doors can't be barricaded from the inside. Does my office have a device that can be used to secure a door? What items can be moved to block a door? Knowing how to secure a door can be the difference in surviving. Remember to- keep quiet, turn off the ringer of your mobile device, turn off the lights, don't hide in plain sight, and most importantly</p> <p>DON'T OPEN THE DOOR FOR ANYONE.</p> 	<p>This is the hard one. Most people are not inclined to be physically aggressive toward another, so the thought of getting into a fight, let alone potentially causing serious injury to someone is hard to swallow. With that being said, it ultimately comes down to this- you (or you and those you're with) or the shooter. If you are cornered and unable to escape, what will you do? It's a question you should take seriously. As I stated above, self-preservation is a strong desire and can help you accomplish even the most unsavory of tasks. If forced into defending yourself, FIGHT with all your heart. Do whatever you must to make it out alive, including incapacitating the shooter. Heavy objects make adequate self-defense tools. Using "Team Takedown" techniques where several people attempt to physically assault/restrain the shooter is also an option, but do whatever you must to stop the shooter AND survive the incident.</p> <p>BUT WHATEVER YOUR DO, FOLLOW THROUGH TO THE END BECAUSE YOUR LIFE DEPENDS ON IT!</p>

Crisis (Disruptive) De-escalation Training

We often judge ourselves by our intentions, while we judge others by their behavior. Join us and learn how to look beyond these **BEHAVIORS** and see others for their positive **INTENTIONS**.

Learn how to set appropriate expectations, recognize warning signs for when a customer or coworker is beginning to get agitated, strategies for slowing escalation, and tools to begin de-escalating a situation and working towards an amicable resolution.

Overview

Attendees will learn how to set appropriate expectations, recognize warning signs for when a customer or coworker is beginning to get agitated, strategies for slowing escalation, and tools to begin de-escalating a situation and working towards an amicable resolution.



Speaker:

[Michael Williams](#), Security Specialist,
CHUBB/ESIS

When

May 25, 2018

Where

2085
Rustin Avenue
Riverside

Behavioral Health
Conference Centers

What time

9:00 am - 12: pm

Space is limited

REGISTER

HOW TO RESPOND

When an active shooter is in your vicinity



RUN

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible



HIDE

- Hide in an area out of the shooters view
- Silence your cell phone
- Barricade your hiding place



FIGHT

- As a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the shooter



See

Something



Hear

Something



Say

Something

Reporting Suspicious Activity

To report suspicious activity, contact your local law enforcement agency. Describe specifically what you observed, including:

- Who or what you saw;
- Where it occurred; and

If there is an emergency, call 9–1–1 or call your local law enforcement agency

BANNING
POLICE DEPARTMENT
Phone: (951) 922-3170

BEAUMONT
POLICE DEPARTMENT
Phone: (951) 769-8500

BLYTHE
POLICE DEPARTMENT
Phone: (760) 922-6111

CATHEDRAL CITY
POLICE DEPARTMENT
Phone: (760) 770-0300

CORONA
POLICE DEPARTMENT
Phone: (951) 736-2330

DESERT HOT SPRINGS
POLICE DEPARTMENT
Phone: (760) 329-2904

FEDERAL BUREAU OF
INVESTIGATION; RIVERSIDE
Phone: (951) 686-0335

HEMET
POLICE DEPARTMENT
Phone: (951) 765-2400

INDIO
POLICE DEPARTMENT
Phone: (760) 347-8522

MURRIETA
POLICE DEPARTMENT
Phone: (951) 696-3615

PALM SPRINGS
POLICE DEPARTMENT
Phone: (760) 323-8116

RIVERSIDE COUNTY
SHERIFF'S DEPARTMENT
Phone: (951) 955-2400