



Trinity County Safety Newsletter

Beat the Heat: Heat Illness Prevention

As temperatures rise during the sweltering summer months, the risk of heat-related illnesses becomes a significant concern. Heat exhaustion and heatstroke are not only uncomfortable but can also be life threatening if not addressed promptly.

Heat-related illnesses encompass a spectrum of conditions, ranging from mild heat cramps and heat exhaustion to severe heatstroke. Prolonged exposure to high temperatures, especially when combined with humidity and physical exertion, can overwhelm the body's ability to regulate temperature, leading to these conditions.

Recognizing the early signs of heat-related illness is key to preventing their escalations. Common symptoms include profuse sweating, muscle cramps, dizziness, headache, nausea, rapid heartbeat, and confusion. If you or someone else experiences these symptoms, it's essential to take immediate action to prevent further complications.



Preventative Measures

- **Stay Hydrated:** Drink plenty of water throughout the day, even if not feeling thirsty. Avoid excessive caffeine and alcohol consumption, as they can contribute to dehydration.
- **Seek Shade:** Minimize sun exposure during the hottest parts of the day, typically between 10 a.m. and 4 p.m. If you must be outdoors seek shade whenever possible.
- **Dress Accordingly:** Wear lightweight, loose-fitting clothing that allows your body to breathe. Opt for light-colored fabrics that reflect sunlight rather than absorb heat.
- **Take Breaks:** If engaging in outdoor activities or work, take frequent breaks in shaded or air conditioned areas. Use cooling towels or misting fans to lower your body temperature.
- **Know your Limits:** Listen to your body and avoid overexertion in hot weather. Pace yourself and adjust your activities based on the temperature and humidity levels.

Emergency Response

If someone exhibits signs of severe heatstroke, such as hot, dry skin, a high body temperature (above 103 °F), confusion or loss of consciousness take immediate actions.

- **Call for Help:** Contact emergency services or seek medical assistance.
- **Cooling Measures:** Wait in the shade or air conditioned area until help arrives.
- **Monitor Vital Signs:** Keep track of the person's breathing, pulse, and consciousness level until medical professionals arrive.

Upcoming Events

Spirit Day

TV and Film

May 15th

Mother's Day

May 12th

Memorial Day

May 27th

New Hire Orientation

May 28th



Important Training Information

With the passage of SB533, Workplace Violence Prevention Training is now required annually for every employee. Please plan to attend the first available training or watch a recorded training.

UPCOMING TRINDEL TRAININGS

- SB1825 Sexual Harassment for Supervisors
May 2nd, 2 pm - 3:15 pm
- Workplace Violence
May 8th, 2 pm -3:30 pm
- AB1825 Sexual Harassment for Supervisors
May 9th, 9 am - 11:30 am
- Risk Control & the Role of the Supervisor
May 15th, 10 am - 11:30 am
- Performance Management—Build a Better World of Work
May 22nd, 9:00 am -10:30 am
- DSR Spotlight- TBD
May 29th, 2 pm - 3 pm
- **Supervisor’s Academy**
Performance Management- Build a Better World of Work
May 22nd, 9 am - 10:30 am

Congratulations to Employee of the Quarter Josh Ford!

HEALTH AND WELLNESS

Anyone is able to participate in the Wellness Program, you can participate by:

- Earning 1 ticket for participating in daily stretching
- Earning 1 ticket for every 5,000 steps during your workday, including lunch and breaks. (Tracking to verify)
- Earning 1 ticket if you walk over 2 miles in the course of a week during work hours, including breaks and lunches.

A monthly raffle will be held where participant’s can win a \$20 gift card to a local business of their choice.

As a reminder stretch tickets are due at the morning of the last working day of the month to Risk Management.

Congratulations to the following winners of the March Stretch Ticket Prizes.

- **Mary Johnson- Tax**
- **Terri McBrayer- Tax**
- **Christine Sieverts- DOT**
- **Sarah Saad- DOT**
- **Sarah Neff- DA**

SPIRIT DAYS

“Earth”

Thank you all who participated in the past months Spirit Day theme of “Earth”



What is Denim Day?

Developed by Peace over Violence, the Denim Day campaign is observed worldwide by millions of people. As the longest-running sexual violence prevention and education campaign, Denim Day asks people to wear jeans as a visible way to highlight misconceptions surrounding sexual violence.



Upcoming Spirit Day

Favorite Film/TV Character

Please feel free to send your photos to
HR@trinitycounty.org