Washington State Parks and Recreation Commission

Take 5 for Safety

HUMITURE °F	DANGER CATEGORY	INJURY THREAT
BELOW 80°	NONE	LITTLE OR NO DANGER UNDER NORMAL CIRCUMSTANCES
80° to 90°	CAUTION	FATIGUE POSSIBLE IF EXPOSURE IS PROLONGED AND THERE IS PHYSICAL ACTIVITY
90° to 105°	EXTREME CAUTION	HEAT CRAMPS AND HEAT EXHAUSTION POSSIBLE IF EXPOSURE IS PROLONGED AND THERE IS PHYSICAL ACTIVITY
105° to 130°	DANGER	HEAT CRAMPS OR EXHAUSTION LIKELY, HEAT STROKE POSSIBLE IF EXPOSURE IS PROLONGED AND THERE IS PHYSICAL ACITIVITY
ABOVE 130°	EXTREME DANGER	HEAT STROKE IMMINENT!

Preventing Heat Stress and Heat Exhaustion!

If you work in the sun at work or at home, you need to know how to protect yourself from a heat illness. There are three common types of heat illnesses:

Heat Cramps – symptoms include painful cramping and spasms of legs, arms and/or abdominal muscles.

Heat Exhaustion – symptoms include feeling tired, weak, and dizzy. May experience headaches, nausea, and possibly vomiting. Heavy perspiration; skin feels moist.

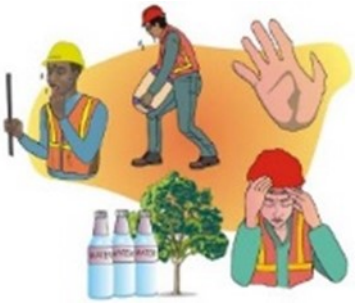
Heat Stroke – symptoms include feeling tired, weak and dizzy. Skin appears red and flushed, and feels hot and dry, even under armpits. May become delirious and unconscious. This is a life threating situation. Call 911!

As the **Injury Threat Chart** indicates, if your body gets too hot and is unable to cool itself through perspiration, serious heat illnesses can occur. If not treated, heat related illnesses can lead to mental confusion, seizures, or even death. Below are a few suggestions for preventing heat related injuries.

Managers and Supervisors should take the following steps to protect employees from heat stress.

- Discuss heat stress prevention before work begins.
- When possible, schedule hot jobs for the cooler part of the day.
- Acclimatize employees before exposing them to longer periods of hot work environments.
- Reduce the physical demands of workers.
- Provide cool water or liquids to workers.
- Provide rest periods with water breaks.
- Provide cool areas for use during break periods.
- Monitor workers who are at risk of heat stress.

Employees should avoid exposure to extreme heat, sun exposure, and high humidity when possible. When these exposures cannot be avoided, you should:



- Wear light-colored, loose-fitting, breathable clothing, such as cotton.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of the day.
- Take breaks in a shaded or cool area.
- Drink enough water that you don't become thirsty.
- Avoid drinks with caffeine or lots of sugar.
- Monitor your physical condition and that of your coworkers.

Treating Heat-Related Problems

Heat Cramps

- Rest in a cool, shaded place.
- Drink cool water slowly (4 ounces, equal to ½ cup of fluid every 15 minutes).
- Stretch the muscle lightly.
- Massage the area gently.

Heat Exhaustion

- Rest in a cool, shaded place.
- Lie down with feet raised 8 to 12 inches.
- Loosen all clothing.
- Drink cool water slowly (4 ounces, equal to ½ cup of fluid every 15 minutes).
- Place cool, wet cloth on forehead and body.
- Massage the area gently.

Heat Stroke

- Remove clothing.
- Sponge with cool water.
- Fan with a towel or cloth.
- Call an ambulance to transport the person to the nearest emergency room immediately. This is a life-threating emergency.

Check with your Supervisor to access water if need it.

Safety First!

Safety Flash

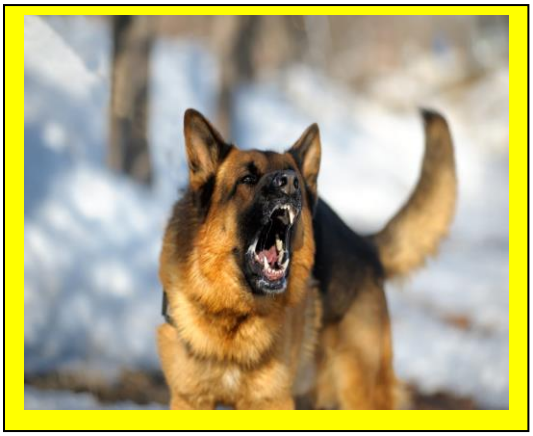
DATE: March 9, 2021

Watching Out for Aggressive Dog Behavior

As more visitors begin to head to Washington State parks, some may bring their dogs who for the most part just enjoy being out in nature. Although dogs are required to be leashed, there may be some owners who may see no harm in letting them run free. When this happens, a dog that is normally well mannered in certain situations could see others as a threat. This short Safety Flash provides some basic guidelines to keep you safe.

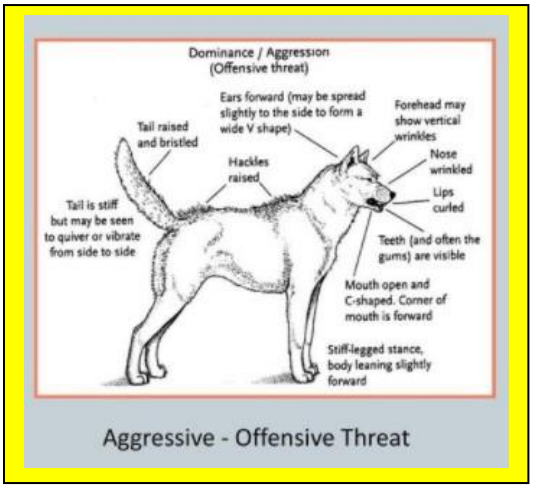
Critical Indicators that May Lead to a Dog Bite:

- ✓ Visitors not following park leash laws.
- ✓ Ignoring the signs of a potentially aggressive dog.
- ✓ Not knowing the indicators of potential aggressiveness (a position to attack, a piercing gaze, hair raised along the back of the neck or sudden aggressive barking).
- ✓ An employee not listening to the dog owner recommendations to stay back.



Corrective Actions:

- ✓ Remind visitors with loose dogs to adhere to the leash laws.
- ✓ Pay attention to how the dog is acting prior to approaching you.
- ✓ If the dog owner is not nearby or advises you not to approach, DO NOT approach the area!



Key Message:

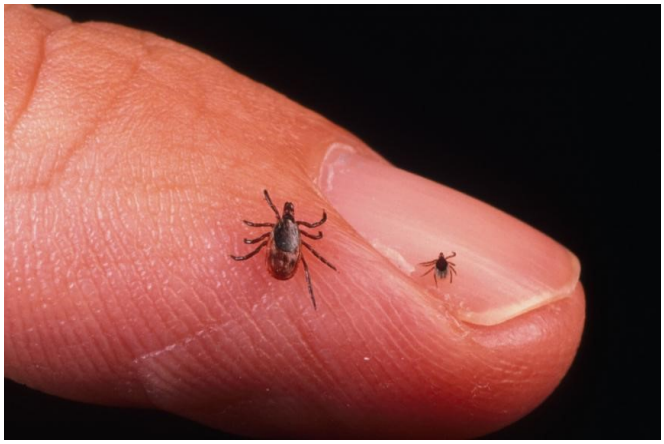
Make sure that park visitors are following the leash laws; you understand the indicators of aggressive dog behavior; and that you do not approach any dog if they demonstrate any of the behaviors above.

If you need to talk with a visitor and their dog is demonstrating any of these behaviors and is on a leash, ask the visitor to secure the dog and request that the visitor come away from the dog's area.

If a Dog Bite Occurs:

Get the dog owners name and contact information and report the incident to your Supervisor as soon as possible.

Take 5 for Safety



Tick and Lyme Prevention

What is Lyme Disease?

Lyme disease is an inflammatory disease characterized at first by rash, headache, fever, and chills, and later by possible arthritis and neurological and cardiac disorders, caused by bacteria transmitted by the deer tick (*Ixodes scapularis*).

Lyme disease can affect people of any age. People who spend time in grassy and wooded environments are at an increased risk of exposure. The chances of being bitten by a deer tick are greater during times of the year when ticks are most active. Young deer ticks, called nymphs, are active from mid-May to mid-August and are about the size of poppy seeds. Adult ticks, which are approximately the size of sesame seeds, are most active from March to mid-May and from mid-August to November. Both nymphs and adults can transmit

Lyme disease infected deer ticks can be found throughout the United States, while the areas found in Washington are mainly in Central and Eastern Washington. While the ticks found in these areas aren't likely to cause Lyme disease, health officials still urge caution to avoid other illnesses and complications associated with bites.

How is Lyme Disease Transmitted?

Lyme disease does not spread from one person to another. Not all deer ticks are infected with the bacteria that cause Lyme disease. Ticks can become infected if they feed on small animals that are infected. The disease can be spread when an infected tick bites a person and stays attached for a period of time. In most cases, the tick must be attached for 36 hours or more before the bacteria can be transmitted.

Symptoms & Treatment of Lyme Disease

In 60-80% of cases, a rash resembling a bull's eye or solid patch, about 2-inches in diameter, appears and expands around or near the site of the bite. Sometimes multiple rash sites appear. The early stage of Lyme disease is usually marked by one or more of the following symptoms: chills and fever, headache, fatigue, stiff neck, muscle and/or joint pain, and swollen glands.

Early symptoms usually appear within 3 to 30 days after the bite of an infected tick. Early treatment of Lyme disease involves antibiotics and almost always results in a full cure. However, the chances of a complete cure decrease if treatment is delayed.

Lyme disease is a bacterial infection. Even if successfully treated, a person may become re-infected if bitten later by another infected tick.

What Can I Do To Prevent Lyme Disease?

Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs usually no more than 18- to 24-inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls. Deer ticks cannot jump or fly and do not drop onto passing people or animals. They get on humans and animals only by direct contact. Once a tick gets on the skin, it generally climbs upward until it reaches a protected area.

In tick-infected areas your best protection is to avoid contact with soil, leaf litter, and vegetation. However, if you work, hike, camp, hunt, garden, or otherwise spend time in the outdoors, you can still protect yourself by doing the following:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants, and a long-sleeved shirt. Tuck pant legs into socks or boots and the shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors and check again once indoors.
- Consider using insect repellent. Follow label directions.
- Stay on cleared, well-traveled trails. Avoid contacting vegetation.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when working outside.

Stay Safe!!!

Take 5 for Safety

Slips, Trips and Falls

As temperatures drop and we get more snow, ice and rain, the number of injuries due to slips, trips and falls can increase.

Injuries can result in bruises and abrasions, broken limbs, cracked ribs, or serious back and head injuries, often resulting in time off work. But it doesn't take record-breaking snowfalls, ice storms or heavy rain to cause slips and trips.

According to the Occupational Safety and Health Administration, slips, trips, and falls cause 15 percent of all accidental fatalities and are a major cause of lost-time accidents. During the winter months this is a real concern as we encounter the buildup of ice or snow onto sidewalks, walking paths, stairs, and parking lots.

During most of the year, while much attention is given to prevent workers falling from heights, the reality is that anyone can slip, trip and possibly fall on level ground. And winter's wet and icy conditions make the likelihood even greater.

Slips, trips and falls are preventable and by taking a few moments and thinking about and observing your current situation, following/using the hierarchy of controls and using PPE we can stay safe.

Prevention

- Wear Proper Foot Gear
- Take smaller steps when walking
- Walk slowly and never run on icy ground
- Keep both hands free for balance rather than in your pockets
- Use handrails from start to finish
- Avoid carrying loads
- Keep your eyes on where you are going
- Test potentially slick areas by tapping your foot on them
- Step-don't jump from vehicles or equipment
- Keep walkways clear of debris, water, ice and slippery materials

Safe Winter Walking

- Plan ahead; give yourself sufficient time and plan your route
- Wear shoes that provide traction on snow or ice: rubber and neoprene composite. Avoid plastic or leather soles
- Walk in designated walkways as much as possible
- If a walkway is completely covered with ice; try to travel along its grassy edge for traction

When given no choice but to walk on ice, consider the following:

- Take short steps or shuffle for stability
- Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible
- Be prepared to fall
- If you fall, fall with sequential contacts at your thigh, hip and shoulder to avoid using your arms to protect against breakage
- Roll with the fall. Try to twist and roll backwards, rather than falling forward
- Relax as much as possible when you begin to fall
- Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you.
- Toss the load you are carrying. Protect yourself instead of the objects being carried. When entering buildings, remove snow and water from footwear to prevent wet slippery conditions indoors.