



# VPP STEERING COMMITTEE NEWSLETTER

FOURTH  
QUARTER FY21

• The VPP Steering Committee would like to wish everyone a happy and safe holiday day weekend while celebrating our Independence Day. Traditionally we enjoy fireworks as a part of our celebration, but it is important to remember the potential hazards associated with the use of them. We recommend you enjoy the fireworks displays provided by professional pyrotechnician. If you choose to conduct your own fireworks display, ensure you comply with all state and local ordinances. To reduce the risk of injuries, keep the following safety tips in mind:

- o Make sure fireworks are legal in your area before buying or using them.
- o Never allow young children to play with or ignite fireworks.
- o Never try to re-light or pick up fireworks that have not ignited fully.
- o Never point or throw fireworks at another person.
- o Light fireworks one at a time, then move back quickly.
- o Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- o Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- o Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- o Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- o Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- o After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.

Thanks to those who submitted their Safety Incentive Chip designs. The VPP Steering Committee has cast their ballots and the winning chip has been chosen!





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**HIGH TEMPERATURES AND HUMIDITY STRESS THE BODY'S ABILITY TO COOL ITSELF, AND HEAT ILLNESS BECOMES A SPECIAL CONCERN DURING HOT WEATHER. THERE ARE THREE MAJOR FORMS OF HEAT ILLNESSES: HEAT CRAMPS, HEAT EXHAUSTION, AND HEAT STROKE, WITH HEAT STROKE BEING A LIFE THREATENING CONDITION.**

## HEAT-RELATED ILLNESSES

### WHAT TO LOOK FOR

### WHAT TO DO

#### HEAT STROKE

- High body temperature (103°F or higher)
  - Hot, red, dry, or damp skin
  - Fast, strong pulse
  - Headache
  - Dizziness
  - Nausea
  - Confusion
  - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
  - Move the person to a cooler place
  - Help lower the person's temperature with cool cloths or a cool bath
  - Do not give the person anything to drink

#### HEAT EXHAUSTION

- Heavy sweating
  - Cold, pale, and clammy skin
  - Fast, weak pulse
  - Nausea or vomiting
  - Muscle cramps
  - Tiredness or weakness
  - Dizziness
  - Headache
  - Fainting (passing out)
- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:**
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

#### HEAT CRAMPS

- Heavy sweating during intense exercise
  - Muscle pain or spasms
- Stop physical activity and move to a cool place
  - Drink water or a sports drink
  - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

[HTTPS://WWW.CDC.GOV/DISASTERS/EXTREMEHEAT/WARNING.HTML](https://www.cdc.gov/disasters/extremeheat/warning.html)

## UPCOMING EVENTS

**-Safety Officer's Council  
27 Jul 21**

**-Commanding Officer's Safety Council  
03 Aug 21**

**-VPP 101 Training  
05 Aug 21**

**-VPP Steering Committee meeting  
05 Aug 21**

**-Safety Leaders Workshop  
TBD Oct 21**

## PREVENTING HEAT ILLNESS



**ANYONE CAN SUFFER A HEAT ILLNESS, BUT BY TAKING A FEW SIMPLE PRECAUTIONS, THEY CAN BE PREVENTED:**

- Condition yourself for working in hot environments – start slowly then build up to more physical work. Allow your body to adjust over a few days.
- Drink lots of liquids. Don't wait until you're thirsty, by then, there's a good chance you're already on your way to being dehydrated. Electrolyte drinks are good for replacing both water and minerals lost through sweating. Never drink alcohol, and avoid caffeinated beverages like coffee and pop.
- Take a break if you notice you're getting a headache or you start feeling overheated. Cool off for a few minutes before going back to work.
- Wear light weight, light colored clothing when working out in the sun.
- Take advantage of fans and air-conditioners.
- Get enough sleep at night.
- With a little caution and common sense, you can avoid heat illnesses.