Central Michigan University employees are committed to promoting safety at work, on-campus, as well as, at home.

The mission of Environmental & Safety Services is to promote safety and protection of human and physical assets of Central Michigan University. To assist in developing a safe campus environment, ESS provides information encouraging the campus community to practice safe habits at work and at home. Please feel free to share this information with others. The ESS newsletter is for information sharing only.

HEAT STRESS

Workers who are exposed to extreme heat or work environments can result in occupational illnesses and injuries. Heat can also increase the risk of injuries by sweaty palms, fogged-up safety glasses and dizziness. Prevention of heat stress is important

HEAT STROKE

Heat stroke occurs when the body becomes unable to control its temperature; the body’s temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heat stroke occurs when the body’s temperature rises up to 106 degrees Fahrenheit or higher within 10 to 15 minutes. This can result in death or permanent disability. Symptoms include:

- Hot, dry skin (no sweating).
- Hallucinations.
- Chills.
- Throbbing headache.
- High body temperature.
- Confusion/dizziness.
- Slurred speech.

First Aid

- Call 911 and notify the employee’s supervisor.
- Move the sick worker to a cool shaded area.
- Cool the worker using methods such soaking clothes, spraying, sponging, or showering and fanning their body.

HEAT EXHAUSTION

Heat exhaustion is the body’s response to an excessive loss of water and salt, usually through excessive sweating. Symptoms include:

- Heavy sweating.
- Extreme weakness or fatigue.
- Dizziness, confusion.
- Nausea.
- Clammy, moist skin.
- Pale or flushed complexion.
- Muscle cramps.
- Fast and shallow breathing.

First Aid

- Have them rest in a cool, shaded or air-conditioned area.
- Have them drink plenty of water or other cool nonalcoholic beverage.
- Have them take a cool shower, bath or sponge bath.

HEAT SYNCOPE

Heat syncope is a fainting episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute include dehydration and lack of acclimatization. Symptoms include:

- Light-headedness.
- Dizziness.
- Fainting.

First Aid

- Sit or lie down in a cool place and slowly drink water or a sports beverage.
HEAT CRAMPS
Heat cramps usually affect workers who sweat a lot during strenuous activity. The sweating depletes the body’s salt and moisture levels. Low salt levels in muscles causes painful cramps. Symptoms included:
- Muscle pain or spasms usually in the abdomen, arms, or legs.

First Aid
- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical help if the worker has heart problems, is on a low-sodium diet, or the cramps do not subside within one hour.

HEAT RASH
Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. Symptoms include:
- Rash that looks like a red cluster of pimples or small blisters.
- More likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

First Aid
- Try to work in a cooler, less humid environment when possible.
- Keep the affected area dry.
- Dusting powder may be used to increase comfort.

RECOMMENDATIONS
- Schedule maintenance and repair jobs in hot areas for cooler months.
- Schedule hot jobs during early morning or evening hours.
- Reduce the physical demands of workers.
- Use relief workers or assign extra workers for physically demanding jobs.
- Provide cool water or liquids to workers.
- Provide rest periods with water breaks.
- Provide cool rest areas.
- Monitor workers who are at risk.

FUN FACT
French fries. Are they actually French? NO, they are Belgian.

Historians state that potatoes were being fried by at least 1680 in the Meuse Valley of Belgium. Locals would eat small fried fish with their meals, but when the river was frozen over, they cut potatoes lengthwise and fried them in oil to use as a substitute. So why are they called French Fries?

There appears to be 2 main lines of thought. The first is that “French Frying” is the name given to the way in which it was prepared, so regardless of it being potatoes or anything else, if it is lightly fried in oil as such it can be referred to as French Fried.

The second is that a Belgian legend which claims that when British and/or American soldiers arrived in Belgium during World War I, upon tasting the fries they referred to them as “French”, as the official language of the Belgian Army at that time was indeed French.