



SAFETY TIP OF THE WEEK

FOR THE CONSTRUCTION INDUSTRY



Company _____ Date _____

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly Bulletin. The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning. We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break. You can then emphasize the SAFETY TIP OF THE WEEK all week long.

How To Stay Hydrated

Week Ending 5/26/2023

With summer and warm temperatures just around the corner, many employees will soon find themselves working in the heat. When the sun comes out, everyone needs to take extra precautions to ensure heat-related injuries, illnesses and fatalities are avoided.

One component of staying safe in the heat is something many people do daily and might not think about: staying hydrated.

The importance of hydration cannot be overstated. High temperatures and physical exertion can lead to a greater chance of dehydration. Why is this a concern? Besides the fact that water keeps our bodies functioning and helps us maintain a healthy body temperature, dehydration can lead to heat injury and illness, seizures, weakness, organ damage and, in severe cases, death.

How to Stay Hydrated

Sip water throughout the day

Don't wait until you're thirsty! Drink water throughout the day to prevent dehydration or over exhaustion.

Use the color of your urine to guide whether you're hydrated enough — the clearer, the better.

Choose sugar-free juice

All-natural juice without added sugar not only provides hydration, but it also has important nutrients to keep you active and nourished in hot weather. Vitamin C is just one of them.

Check the label on the juice bottle and make sure it says, "100 percent juice with no sugar added."

Avoid alcohol

While an ice-cold cocktail — complete with a little paper umbrella — might sound good on the beach, it won't be as refreshing to your body. That's because alcohol only dehydrates you more.

If you can't barbecue without a brew, drink a bottle of water between each alcoholic beverage to stay hydrated.

Like alcohol, caffeine also has a reputation for being dehydrating. However, caffeine should be fine to consume in moderate amounts, even in the heat.

What to Eat to Stay Cool

The food you eat can also help you stay cool. Try adjusting your diet so that it includes the following:

Fresh produce

Fruits and vegetables are easy to digest and often high in water content. Salads and other dishes rich in seasonal produce will keep you feeling light and hydrated, too.

Hydrating foods and beverages include:

- watermelon
- strawberries
- broths and soups
- tomatoes
- bell peppers
- coconut water

Spicy foods

Popular in warm climates, the tingling feeling and accompanying sweat caused by eating spicy foods has a purpose: The sweat actually cools your body down.

A little cayenne pepper or salsa can add a lot of flavor to any meal.

Low-fat meats

Fat takes longer for your body to digest and carries a higher salt content, which can add extra strain on your body when you need it maximized for efficiency. Consuming too much salt also increases your risk of dehydration.

If you eat meat, choose low-fat versions (like chicken breast) in the summer.

When work is done for the day, don't clock out on staying hydrated. During a shift, especially in extreme temperatures, employees can sweat, causing water and salts, or electrolytes, to leave the body. These need to be replenished.

Special Topics for this Job: _____

MSDS # _____ Reviewed – Title: _____

Present at Meeting:

Supervisor's Signature: _____

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Cómo mantenerse hidratado

Week Ending 5/26/2023

Con el verano y las temperaturas cálidas a la vuelta de la esquina, muchos empleados pronto se encontrarán trabajando en el calor. Cuando sale el sol, todos deben tomar precauciones adicionales para garantizar que se eviten lesiones, enfermedades y muertes relacionadas con el calor.

Un componente de mantenerse seguro en el calor es algo que muchas personas hacen a diario y en lo que podrían no pensar: mantenerse hidratado.

La importancia de la hidratación no puede ser exagerada. Las altas temperaturas y el esfuerzo físico pueden conducir a una mayor probabilidad de deshidratación. ¿Por qué es esto una preocupación? Además del hecho de que el agua mantiene nuestro cuerpo funcionando y nos ayuda a mantener una temperatura corporal saludable, la deshidratación puede provocar lesiones y enfermedades por calor, convulsiones, debilidad, daño a los órganos y, en casos graves, la muerte.

Cómo mantenerse hidratado

Beba agua durante todo el día

¡No esperes hasta que tengas sed! Beba agua durante todo el día para prevenir la deshidratación o el agotamiento excesivo.

Use el color de su orina para guiar si está lo suficientemente hidratado: cuanto más claro, mejor.

Elija jugo sin azúcar

El jugo totalmente natural sin azúcar agregada no solo proporciona hidratación, sino que también tiene nutrientes importantes para mantenerlo activo y nutrido en climas cálidos. La vitamina C es solo uno de ellos.

Revise la etiqueta de la botella de jugo y asegúrese de que diga: "100 por ciento de jugo sin azúcar agregada".

Evite el alcohol

Si bien un cóctel helado, completo con una pequeña sombrilla de papel, puede sonar bien en la playa, no será tan refrescante para su cuerpo. Eso es porque el alcohol solo te deshidrata más.

Si no puede hacer una barbacoa sin una bebida, beba una botella de agua entre cada bebida alcohólica para mantenerse hidratado.

Al igual que el alcohol, la cafeína también tiene la reputación de ser deshidratante. Sin embargo, la cafeína debe estar bien para consumir en cantidades moderadas, incluso en el calor.

Qué comer para mantenerse fresco

Los alimentos que comes también pueden ayudarte a mantenerte fresco. Intente ajustar su dieta para que incluya lo siguiente:

Productos frescos

Las frutas y verduras son fáciles de digerir y a menudo altas en contenido de agua. Las ensaladas y otros platos ricos en productos de temporada también te mantendrán ligero e hidratado.

Los alimentos y bebidas hidratantes incluyen:

- sandía
- Fresas
- Caldos y sopas
- Tomates
- Pimientos
- agua de coco

Alimentos picantes

Popular en climas cálidos, la sensación de hormigueo y el sudor que lo acompaña causado por comer alimentos picantes tiene un propósito: el sudor en realidad enfría su cuerpo.

Un poco de pimienta de cayena o salsa puede agregar mucho sabor a cualquier comida.

Carnes bajas en grasa

La grasa tarda más en digerirse para su cuerpo y tiene un mayor contenido de sal, lo que puede agregar tensión adicional a su cuerpo cuando lo necesita maximizado para la eficiencia. Consumir demasiada sal también aumenta el riesgo de deshidratación.

Si come carne, elija versiones bajas en grasa (como pechuga de pollo) en el verano.

Cuando termine el trabajo del día, no se mantenga hidratado. Durante un turno, especialmente en temperaturas extremas, los empleados pueden sudar, haciendo que el agua y las sales, o electrolitos, salgan del cuerpo. Estos necesitan ser repuestos.

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