



WEST CENTRAL FLORIDA SAFETY ALLIANCE

MEETING NOTES

June 15, 2012, 10:00 AM - Noon

Our thanks to the Tampa Area Safety Council for hosting us at their facility!

IN ATTENDANCE:

Carl York

Harold Hirst

Luke Vaughan

David E. Johnson

Joan Spencer

Pam Cohen Delores Cohen

Delores Westfall

Jodie Ciccarello

Patty Fernandez

Ed Collins

Joe Halle

Scott McDonald

Ernie Harben

Kathy Felsten

Todd Stetson

SPEAKER: Keith LeFlat with Squincher: Heat Stress and Electrolyte Replacement with Squincher products.

- Keith reviewed some history about the Squincher company and the development of its various products.
- Beyond the importance of providing and consuming water when exposed to high heat while exerting effort, is the need to have concern for possible health effects to certain individuals consuming electrolyte replacement beverages.
- 43% of adults over 20 years of age have some issue with heart condition. Therefore it is important to consider the impact of high sodium drinks on their health.
- 11.3% of adults are diagnosed with some form of diabetes. Therefore consideration as to sugar content in electrolyte replacement beverages should be taken into consideration too.
- In addition to monitoring work place temperatures and humidity it is critical to also closely monitor the individuals performing the tasks in there potentially hazardous conditions.
 - Speak to each of them and watch / listen to their responses
 - Listen for slurred speech or incoherent sentences
 - Watch for odd behaviors or poor judgment
- It is common for heat stress issues to arise more frequently on Monday (first workday of the week for most individuals). This is due to consumption of alcoholic beverages over the weekend plus some loss of heart tolerances if the weekend was spent indoors with little or no activity.
- Dark urine color is an indication of heat stress onset.
 - Copies of the chart are located at:
http://rs.nationalsafetyinc.com/company_79//Urine Chart for Hot Tips.pdf
 - Discoloration is due to low amounts of water in the urine which brings out more color from the excreted matter in the urine stream.
- When a person is suspected of having heat stress related issues:
 - Remove them from the sun / heat to a shaded and cooler place
 - Have them sit and rest
 - Apply cool compresses (use ice packs if available)

- Have them SIP water. Avoid ice cold water. Do not gulp the water.
- Call 9-1-1 or get them to a medical facility at once if they act confused, have seizures, or lose consciousness.
- Heat stroke is a killer. Know the signs of heat stress. Visit OSHA's heat stress web resources:
http://www.osha.gov/SLTC/heatstress/heat_illnesses.html

BUSSINESS MEETING: The attendees in attendance discussed the following:

- July Meeting: Lanier Upshaw offices in Lakeland. Topic = Arc Flash
- August Meeting: Tampa Area Safety Council in Tampa. Topic = Global Harmonization standards
- September Meeting: Saddle Creek Corporation. Topic = Ladder safety.
- October Meeting: Lanier Upshaw office in Lakeland. Topic = Identity Theft
- November Meeting: Tampa Area Safety Council in Tampa. Topic = FAA rules for dangerous goods shipments
- December Meeting: Holiday Gathering. Location TBD

NEXT MEETING: July 21, 2012 at 10:00 AM. Lanier Upshaw,