



## West Central Florida Safety Alliance

Monthly Meeting Notes

June 21, 2013

Our thanks to Saddle Creek Logistics Services for hosting our presentation and luncheon meeting!

### 1. ATTENDEES:

Ernie Harben	Saddle Creek Logistics Services
Luke Vaughan	Lanier Upshaw
Jodie Ciccarello	Safety Products Inc
Coy Spivey, CMSP	Dale C. Rossman, Inc.
John Wills	Dale C. Rossman, Inc.
David Johnson	J. H. Ham Engineering
Delores Westfall	FHM Insurance Company
Jeff Haag	City of Lakeland, Parks and Recreation
Janine Bain	Goodwill Industries-Suncoast, Inc.
Joe Noel	Peace River Electric Cooperative, Inc.
Chris Kaelin	City of Lakeland
Kathy Felsten	Safety Products Inc
Ken Lore	BrightHouse Networks
Wayne McKinney	PAYNE Air Conditioning and Heating, Inc.
Steve Barrington	JDR Associates
Kathy Wren	DuraCast Products

### 2. PRESENTATION: Steve Harrington with Sqwincher presented information about heat stress.

Among some of the points he covered were:

- a. Sunburn – Causes the body to work harder to cool itself as a result of the sunburn.
- b. Caffeine and Alcohol – There are dehydrators and do not provide cooling or rehydration.
- c. High humidity reduces the effect of the body's natural sweating / cooling process.
- d. Heat Cramps – Appear after heavy sweating and the body's electrolytes are low. Pickle juice, bananas, and vegetables are good sources of potassium and other minerals that are helpful. Salt tablets can be harmful if overused. The new electrolyte chewing gum are helpful but fluids are still essential.
- e. Heat Stress – Fans, shade, and hydrating liquids are helpful to counteract the effects of heat and sweating. Too much water could dilute and flush electrolytes. The body may begin to shut down after overexposure to heat. Sweating may slow or stop and the body conserves internal moisture. The body will accelerate blood flow to the vessels closest to the skin so running cool water over the skin, using a fan, and moving to shade are helpful.
- f. Heat Stroke – Call 9-1-1. Sweat has stopped. Skin is flushed. Person will speak incoherent. Get the person out of the heat, apply cool (not cold) cloths, ventilation/fan, and rest. Do not try to force liquids.
- g. Freezer Work – The body will shed internal moisture through condensation of the employees' breaths.
- h. Email Steve if you would like a copy of his presentation in PowerPoint format.

- i. Joan Spencer provided OSHA handouts on Heat Stress. National OSHA Heat Stress Stand Down was on June 4<sup>th</sup>.
3. BUSINESS MEETING:
- a. OSHA National Fall Protection Stand Down day on June 12<sup>th</sup>.
  - b. July 19<sup>th</sup> – EEOC and Post Offer Physicals. Elaine McCarthy and Janine Bain at the Tampa Area Safety Council offices in Tampa.
  - c. August 13<sup>th</sup> – Leedy Electric will present NFPA70E certification training. Visit [www.leedyelectric.com](http://www.leedyelectric.com) for details.
  - d. August 16<sup>th</sup> – New-Hire Safety Orientation. Janine Bain at the Tampa Area Safety Council offices in Tampa.
  - e. September 20<sup>th</sup> – Joan has a Speaker. At the Tampa Area Safety Council offices in Tampa.
  - f. October 18<sup>th</sup> – TBD OSHA Alliance Presentation. At the Tampa Area Safety Council offices in Tampa.
  - g. November 15<sup>th</sup> –Respirator Fit Testing and Pulmonary Function Testing. Jody Ciccarello at Safety Products Inc., Lakeland.
4. NEXT MEETING: July 19<sup>th</sup> - Emergency Operations and Plans. Elaine McCarthy and Janine Bain at the Tampa Area Safety Council offices in Tampa.



# MEETING SIGN-IN SHEET

Friday, June 21, 2013

LOCATION: Saddle Creek Logistics Services, Lakeland, FL

*w3/come10*

NAME (Please Print)	COMPANY	EMAIL ADDRESS
<input checked="" type="checkbox"/> Ernie Harben	Saddle Creek Logistics Services	<a href="mailto:Ernie.Harben@sclogistics.com">Ernie.Harben@sclogistics.com</a>
<input checked="" type="checkbox"/> Luke Vaughan	Lanier Upshaw	<a href="mailto:luke.vaughan@LanierUpshaw.com">luke.vaughan@LanierUpshaw.com</a>
<input checked="" type="checkbox"/> Jodie Ciccarello	Safety Products Inc	<a href="mailto:Jciccarello@spisafety.com">Jciccarello@spisafety.com</a>
<input type="checkbox"/> Rick Coghlan	Mosaic Fertilizer, LLC	<a href="mailto:rick.coghlan@mosaicco.com">rick.coghlan@mosaicco.com</a>
<input checked="" type="checkbox"/> Coy Spivey, CMSP	Dale C. Rossman, Inc.	<a href="mailto:Coy.Spivey@dcrossman.com">Coy.Spivey@dcrossman.com</a>
<input checked="" type="checkbox"/> John Wills <i>WILLS</i>	Dale C. Rossman, Inc.	
<input type="checkbox"/> Craig Myers	City of Tampa	<a href="mailto:Craig.Myers@tampagov.net">Craig.Myers@tampagov.net</a>
<input type="checkbox"/> Arin Twyman	City of Tampa	<a href="mailto:Arin.Twyman@tampagov.net">Arin.Twyman@tampagov.net</a>
<input type="checkbox"/> Dave Burr	Saddle Creek Transportation Inc.	<a href="mailto:Dave.Burr@sclogistics.com">Dave.Burr@sclogistics.com</a>
<input checked="" type="checkbox"/> David Johnson	J. H. Ham Engineering	<a href="mailto:djohnson@jhameng.com">djohnson@jhameng.com</a>
<input checked="" type="checkbox"/> Delores Westfall	FHM Insurance Company	<a href="mailto:Delores_Westfall@fhmic.com">Delores_Westfall@fhmic.com</a>
<input checked="" type="checkbox"/> Jeff Haag	City of Lakeland, Parks and Recreation	<a href="mailto:Jeff.Haag@lakelandgov.net">Jeff.Haag@lakelandgov.net</a>
<input type="checkbox"/> Billy Hand, Jr.	Florida Southern College	<a href="mailto:bhand@flsouthern.edu">bhand@flsouthern.edu</a>
<input checked="" type="checkbox"/> Janine Bain	Goodwill Industries-Suncoast, Inc.	<a href="mailto:Janine.Bain@goodwill-suncoast.com">Janine.Bain@goodwill-suncoast.com</a>
<input checked="" type="checkbox"/> Joe Noel	Peace River Electric Cooperative, Inc.	<a href="mailto:Joe.noel@preco.coop">Joe.noel@preco.coop</a>
<input checked="" type="checkbox"/> Chris Kaelin	City of Lakeland	<a href="mailto:Chris.Kaelin@lakelandgov.net">Chris.Kaelin@lakelandgov.net</a>
<input checked="" type="checkbox"/> Kathy Felsten	Safety Products Inc	<a href="mailto:kfelsten@spisafety.com">kfelsten@spisafety.com</a>
<input checked="" type="checkbox"/> Ken Lore	BrightHouse Networks	<a href="mailto:ken.lore@mybighthouse.com">ken.lore@mybighthouse.com</a>
<input type="checkbox"/> Rachel Layman	National Safety & Training Solutions, LLC	<a href="mailto:laymanx4@hotmail.com">laymanx4@hotmail.com</a>
<input checked="" type="checkbox"/> Wayne McKinney	PAYNE Air Conditioning and Heating, Inc.	<a href="mailto:wmckinney@payneair.com">wmckinney@payneair.com</a>
<input checked="" type="checkbox"/> <i>Steve Barrington</i>	<i>IDF Associates</i>	<i>sbarrington@IDFassociates</i>
<input checked="" type="checkbox"/> <i>Kathy Wren</i>	<i>DuraCast Products</i>	<i>kwren@duracast.com</i>

PLEASE REMOVE:  
 Mark Robbins from the WCFSA  
 He has moved out of state