June is National Safety Month!

Each June, the National Safety Council encourages organizations to get involved and participate in National Safety Month (NSM). NSM is an annual observance to educate and influence behaviors around leading causes of preventable injuries and deaths.

The 2015 National Safety Month theme, "What I Live For" was inspired by the idea that we engage in safe behaviors so we can live for what matters to us. A successful safety program depends on spotting hazards early, evaluating their risk and removing or controlling them before harm is done. Use this June to find creative ways to engage everyone in reducing risk in your workplaces.

A little effort today has the potential to prevent tragedy tomorrow.

This year the themes for each week are:

- **Week 1—June 1-7**
  Slips, Trips and Falls

- **Week 2—June 8-14**
  Prescription Pain Killer Abuse

- **Week 3—June 15-21**
  Ergonomics

- **Week 4—June 22-28**
  Emergency Preparedness

- **Week 4—June 29-30**
  Transportation

The UWRF Safety Committee will be promoting National Safety Month by providing weekly safety information sheets via e-mail and posting information related to each topic on Falcon Daily. All UWRF leaders are encouraged to share this information with employees so that everyone can join in this safety awareness and improvement effort for our campus.

The UWRF Safety Committee is sponsoring a photo gallery where employees can share the photos of themselves and their friends and family under 4 categories:

- What I Live for—Work, Family, Play and Away.

Photos can be any size and must include the name of the employee and a short description of the activity. Please submit your photos to Risk Management (25H North Hall) by Friday, June 5th. The photos will be displayed in the Sievert Lounge at the University Center June 8-19th. Awards will be given for each category. All photos will be returned.

**Watch out for those hot summer days coming up!**

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

**Factors Leading to Heat Stress**

- High temperature and humidity;
- Direct sun or heat; limited air movement;
- Physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

**Symptoms of Heat Exhaustion**

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

**Symptoms of Heat Stroke**

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

**Preventing Heat Stress**

- Know signs/symptoms of heat-related illnesses; monitor others
- Block out direct sun or heat.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid caffeinated drinks.

DID YOU KNOW???

You can report a safety concern at:

http://www.uwrf.edu/RiskManagement/SafetyReport.cfm