Each June, the National safety Council celebrates National Safety Month. The 2014 theme, “Safety: It takes all of us,” was inspired by the idea of continuous reduction—a key pillar in the Journey to Safety Excellence. 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. At K-State we are a “Family,” everyone making a difference in the lives that they touch. United we can change the safety culture at our campus. Safety is not only about You but those around You. Be inspired to take safety to the next level by being committed to safety.

### 2014 National Safety Month Weekly Emphasis

| Week One: Preventing Prescription Drug Abuse |
| Week Two: Stop Slips, Trips, and Falls |
| Week Three: Be Aware of Your Surroundings |
| Week Four: Put an End to Distracted Driving |
| Bonus Week: Summer Safety |

During June articles will be sent weekly via email to Supervisors for posting.
Health effects of heat
Two types of heat illness:

Heat Exhaustion

Heat Stroke

Watch out for early symptoms. You may need medical help.
People react differently — you may have just a few of these symptoms, or most of them.

Stay safe and healthy!
WATER. REST. SHADE. The work can’t get done without them.

Drink water even if you aren’t thirsty — every 15 minutes.

Rest in the shade.

Wear hats and light-colored clothing.

Watch out for each other.

“Easy does it” on your first days of work in the heat. You need to get used to it.
Rest in the shade — at least 5 minutes as needed to cool down.

Be prepared for an emergency
Heat kills — get help right away!

If someone in your crew has symptoms:
1) Tell the person who has a radio phone and can call the supervisor — you need medical help.
2) Start providing first aid while you wait for the ambulance to arrive.
3) Move the person to cool off in the shade.
4) Little by little, give him water (as long as he is not vomiting).
5) Loosen his clothing.
6) Help cool him: fan him, put ice packs in groin and underarms, or soak his clothing with cool water.

When you call for help, you need to:
• Be prepared to describe the symptoms.
• Give specific and clear directions to your work site.

Heat illness can be prevented!
At our work site, we have:

Water

We are extra careful when there is a heat wave or temperature goes up. Then we may change our work hours, and we all need more water and rest.

Shade to rest and cool down

Training and emergency plan