



August Safety Info

Dog Days of Summer – The Heat Breaks any day now

Covid Awareness & Reminder

Defensive Driving – Schools Opening

DOG DAYS OF SUMMER



- August = typically hot, dry, still air.
- **Water – Rest – Shade** = new mantra for high temp & heat index.
- Usually the heat breaks by mid-August. There is relief on the horizon...
- Risk factors include: hydration, diet, sleep cycle, fatigue, general health management; medications, etc.
- Reduce smoking in high heat. Avoid Red Bull & junk beverages. Watermelon is good.
- Be mindful of electrolyte replacement drinks and supplements. A balanced diet should provide sufficient amount.
- Pace yourself in high heat index. Each person has a different threshold of endurance and tolerance. Don't push it.
- Avoid tight fitting, closed-front garments. Avoid direct sun exposure when possible
- Wear long sleeves; head protection; nape protector; SPF sun screen if needed

HEALTH ADVISORY: COVID & VARIANT

KEEP THE MASK HANDY

- CDC continues to recommend masks in crowded public venues.
- The VOSH ETS – Covid is still in effect. Social Distance – beware airborne droplets
- Consider an advisory for multi-occupant vehicle travel; wear mask, get the vaccine; remember, the variant affects younger crowd like your kids!
- Be aware of your surroundings, home, work, leisure, recreation, etc.
- Some states have marginal vaccine numbers. Take no chances.
- If you are feeling ill, quarantine and get a PCR Test. *Do not come to work.* (A **polymerase chain reaction (PCR) test** detects genetic material from a specific organism, such as a virus.)
- Pandemic Awareness & Preparedness will be a permanent fixture going forward.



DEFENSIVE DRIVING : SUMMER & BACK TO SCHOOL

- **Road Rage incidents** – all time high. Poor 'lane-discipline' is responsible for many incidents. Use signals, courtesy, change lane SLOWLY!
- **Be alert for pedestrian**, bicycle, motorcycle. They are often obscure in complex visual background. Most do not wear high viz clothing.
- Other driving related risks include: Deer season – back to school – distracted or impaired driver – hurricane season – El Nino – El Derecho – take your pick.
- **DO NOT SWERVE** to avoid an object in road. This can result in loss of vehicle control. Particularly on 2 lane, undivided roads.
- **Glare hazard** will increase Sept-Oct-Nov.
- Gold Standard = **4 second following distance**

