

## The Last Word - Capital District Safety Team launches the “Carriers Be Cool” Campaign



With the record temperatures recently, the Capital District Safety Team waited as the carriers departed the parking lot at Curseen and Morris P&DC to offer water.

According to Capital District Safety Manager Stewart Martin, “working in extreme temperatures, can be very dangerous. Without proper hydration, our carriers could be in danger of becoming dehydrated and possibly suffer heat exhaustion or heat stroke.”

Heat-related illnesses occur when your body can't keep itself cool. As the temperature rises, your body stays cool when your sweat evaporates. On hot, humid days, the evaporation of sweat is slowed by the increased moisture in the air. When sweating isn't enough to cool your body, your body temperature rises, and you may become ill.

To help encourage safe hydration, the Capital District Safety Team will pass out water once a month during July, August and September in the large delivery units.

Capital District Safety Specialists Stephanie Davis and Sabrina Bryant recently distributed bottled water to the carriers and promoted hydration safety with the new “Carriers Be Cool” campaign. The Safety Team realizes the importance for carriers to stay hydrated in these extreme summer temperatures. Carriers be cool!

### Signs of Heat Exhaustion:

- Heavy sweating
- Feeling weak and/or confused
- Dizziness
- Nausea
- Headache
- Fast heartbeat
- Dark-colored urine, which indicates dehydration

### Signs of Heat Stroke:

High fever (104°F or higher)	Fast heartbeat
Severe headache	Fast breathing
Dizziness and feeling light-headed	Nausea/Vomiting
A flushed or red appearance to the skin	Lack of sweating
Muscle weakness or cramps	
Feeling confused, anxious or disoriented	
Seizures	