

HYDRAFLOW QUARTERLY



Issue 90 *Keeping you informed* April 2024

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2024 Hydraflow Family Picnic

This year our annual picnic will be held at Dave & Busters at the Outlets at Orange in June. Not only will we have access to all that Dave & Busters has to offer including the arcade, prizes, big screen TVs, but we will also have face painters, a roaming magician and a caricature artist!

RSVP forms will be distributed in early May. As a reminder employees may RSVP for themselves, 1 guest and dependent children up to the age of 25. There will be an option to purchase extra tickets.

The ticket covers entry into our private event, all you can eat BBQ buffet lunch, a Hydraflow picnic T-shirt, a D&B power card and unlimited video game play!

All attendees ages 3 and up need a Hydraflow picnic T-shirt for admission. Available shirt sizes:



Kids: 2T, 4T, Youth Small (6-8), Youth Medium (10-12)

Adults: XSmall, Small, Medium, Large, XLarge, 2XLarge, 3XLarge, 4XLarge



Quarterly Luncheon
Friday April 26th!

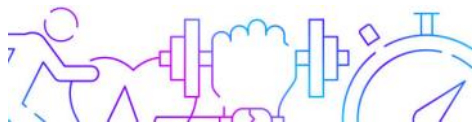
Menu: 

Homemade Meatballs
Chicken Alfredo
Pesto Shrimp over Raviolis
Penne Pasta with Marinara
Ceasar Salad
Asparagus, Corn, Tomato & Mozzarella Salad
Assorted Desserts & Drinks



Vitality Wellness Corner

- The Vitality referral campaign is coming to an end on April 30th. Be sure let Human Resources know the names of any co-workers you helped to register and you will earn 50 bonus points per member! (Up to 250 points).
- The Spring into Action workout challenge is also coming to a close on April 30th. Be sure to get those eligible workouts in to qualify for 250 bonus points and raffle prizes!
- We had such a great turnout for the Spring into Action challenge, we are going to do it again in May! This time participants must complete 10 standard or advanced workouts during the course of the month. All registered participants that complete the challenge will be awarded 500 bonus points and be eligible for raffle prizes! Registration closes on April 30th
- If you still haven't signed up for Vitality, what are you waiting for? Sign up today at www.powerofvitality.com See HR if you need your employee ID#



SAFETY PAGE

Heat Stress Safety Talk

By: Insurance Company of the West



Hot Work—When the Heat is On!

When the heat is on, it may be harder to work safely. Excessive heat creates safety risks. Your health is at risk.

What's the Danger?

Heat particularly excessive heat creates not only health safety issues but puts your life in danger. The following is an accurate summation.

- It may make you sick, and can even be fatal.
- It can make you short-tempered, inattentive, dizzy and slow – all of which are threats to working safety.
- Sweat can make your hands slippery. It can also run into your eyes or eyewear and obscure your vision.

It doesn't matter whether the heat is created by summer weather or by other working conditions such as hot kitchens or foundries – the results are basically the same. Besides the heat itself, other factors can make you more susceptible to heat stress, including conditions such as heart disease, diabetes, excess weight or poor physical condition. Having to wear gear such as heavy personal protective equipment can also make you a target for heat problems.

Health and safety problems caused by excessive heat are called heat stress. Hyperthermia is another name for the medical condition caused by too much heat. It ranges from heat cramps to heat exhaustion to the most serious state, heat stroke.

- Heat cramps are a warning sign that the body has lost too much salt through sweating. The cramps affect the muscles which have been used for working, such as legs, arms and abdomen, and may also occur when the person is resting. More serious heat stress may follow.
- Heat exhaustion is a warning that the body's heat control mechanism has become overtaxed. Symptoms are exhaustion, dizziness, nausea, pale and clammy skin, rapid pulse and low blood pressure. Heat exhaustion may lead to heat stroke if ignored.
- Heat stroke can be fatal. It happens when the body's heat loss mechanism just shuts down. The person stops sweating and body temperature goes up. The heart pounds, and the skin is hot and red.

How to Protect Yourself

Watch for heat stress in yourself and your fellow worker — who may not realize what is happening. If signs of heat stress do occur, help the victim cool off by removing him/her to a cool place, fanning or soaking with cool water. Give water to drink if conscious. If you suspect heat stroke, call for medical aid immediately.

Final Word

Remember that heat stroke is a serious medical emergency. It can be fatal!

HEAT STROKE PREVENTION

- STAY AWAY FROM DIRECT SUN EXPOSURE FROM ABOUT 10 AM TO 4 PM
- AVOID EXERCISE DURING THE HOTTEST PART OF THE DAY
- ACCLIMATE TO HOT CONDITIONS SLOWLY
- EAT LIGHT FOOD
- DRINK PLENTY OF FLUIDS
- WEAR SUNSCREEN
- WEAR LIGHT-COLORED LOOSE CLOTHING AND SUNGLASSES
- NEVER LEAVE ANYONE IN A PARKED CAR

WHO IS MORE AT RISK

- OLDER ADULTS
- CHILDREN
- PEOPLE WITH DISABILITIES
- OUTDOOR WORKERS
- PEOPLE WITH CERTAIN CHRONIC ILLNESSES

SIGNS OF

HEAT EXHAUSTION	HEAT STROKE
DIZZINESS & FAINTING	THROBBING HEADACHE
EXCESSIVE SWEATING	NO SWEATING
RAPID, WEAK PULSE	RAPID, STRONG PULSE
NAUSEA OR VOMITING	NAUSEA OR VOMITING
COOL, PALE CLAMMY SKIN	RED, HOT DRY SKIN
MUSCLE CRAMPS	MAY LOSE CONSCIOUSNESS

This Quarter's Safety Lotto Winner will be announced in the next Internal Newsletter!