

Get in S.T.E.P. Safety Takes Every Person

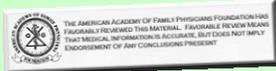
SAFE -- Staying Accident-Free Everywhere

Voluntary Protection Programs (VPP)

4 Major Elements

1. Management Commitment and Employee Involvement
2. Worksite Analysis
3. Hazard Prevention and Control
4. Safety and Health Training

Dehydration



Basics

Dehydration is loss of water and important blood salts like potassium (K+) and sodium (Na+). Vital organs like the kidneys, brain, and heart can't function without a certain minimum of water and salt. In underdeveloped countries, dehydration from diseases like cholera and dysentery kills millions every year (usually infants and children). Still, with severe vomiting or diarrhea and occasionally with excessive sweating, you can become dangerously dehydrated right here in the U.S.A. Below are some warning signs for dehydration.

Visit these WEBSITES to find more information on Safety!

<http://www.osha.gov/dcsp/vpp/index.html>

<http://www.medicinenet.com>

<http://www.safety.com/>

- One safe act can lead to another.
- Make it your mission, not to live with and unsafe condition.
- Safety comes in cans. I can, you can, **WE CAN**.
- Safety rules are there to follow. So take care and we will see you tomorrow.

Do you have a website that is specific to your job or about safety or protection that you would like to share with your fellow co-workers? Send it in and we will let everyone know about it.

Signs of Dehydration

Mild

Thirst
Dry lips
Slightly dry mouth membranes

Moderate

Very dry mouth membranes
Sunken eyes
Sunken fontanelle (soft spot) on infant's head.
Skin doesn't bounce back quickly when lightly pinched and released.

Severe

All signs of moderate dehydration
Rapid, weak pulse (more than 100 at rest).
Cold hands and feet
Rapid breathing
Blue lips
Confusion, lethargy, difficult to arouse

If you're **severely dehydrated**, you must get to a hospital right away. Intravenous fluids (IVs) will quickly reverse dehydration, and are often life-saving in young children and infants.

In teenagers and adults with **moderate dehydration**, careful home treatment can be safe, but phone contact with a physician is advisable. Children under 10 with moderate dehydration should see a physician first, though hospitalization usually isn't necessary.

Mild dehydration is safe to self-treat at all ages, as long as it doesn't worsen.

To treat dehydration, you must first address the cause: Fever, Vomiting, Diarrhea, and Heat Exhaustion are the most common reasons for dehydration. Click on each of those topics to review treatment. While you're treating the underlying problem, begin small amounts of oral re-hydrating solution (ORS).

Commercial ORS replaces important blood salts and water in balanced amounts designed especially for dehydration in sick people. They are formulated to allow your intestines to absorb maximum amounts of water along with small amounts of salts. Don't confuse ORS with sports drinks designed for concentrated energy and salt replacement in healthy, high-performance athletes. These drinks can actually aggravate vomiting and diarrhea and are so concentrated they can limit intestinal water absorption.

Once signs of dehydration have disappeared, ORS is no longer necessary, but a clear liquid diet might still be useful if vomiting or diarrhea persists.

Recommended Products

Kaolectrolyte (carbohydrate and electrolyte powder packets). This is the product that most closely approximates World Health Organization and American Academy of Pediatrics guidelines on oral rehydrating solutions. Because they come in small, easily transportable packets and dissolve in 8 oz. of water in seconds, they are more convenient than pre-mixed brands. They also come in several flavors.

To All DPW, SE, and FD Chiefs:

If you notice an employee, co-worker, supervisor that has gone that extra step to make your workplace a safe one, call us so we can recognize their efforts.

575-678-2756

If you have a safety suggestion for the Next S.T.E.P. let us know.

Have any questions, comments, or suggestion, call me **TODAY**. No comment or suggestion to small.

575-678-2756