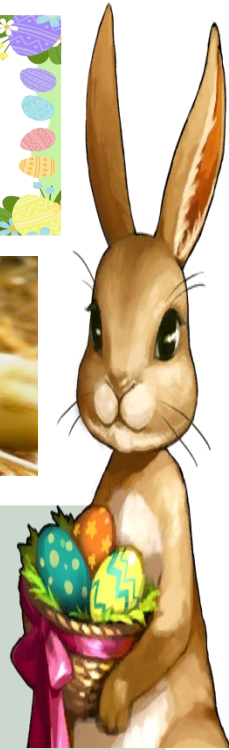


SWFLSC NEWSLETTER

Second Quarter April - June 2021



HOT TOPIC

Symptoms of Heat Stroke

- Body temperature of 104F or higher
- Confusion, slurred speech, agitation & even seizures
- Skin feels hot & dry, turns red
- Nausea & vomiting
- Rapid breathing
- Headache
- Racing heart beat

Preventing Heat Stroke

1. Don't wear any excess clothing
2. Drink plenty of fluids
3. Don't drink alcohol in excess
4. Use sunscreen & wear hats & sunglasses while outdoors
5. Never leave anyone or animals in a parked vehicle

THE THREE TYPES OF DISTRACTED DRIVING AND HOW TO AVOID THEM

VISUAL	MANUAL	COGNITIVE
Keep your eyes on the road. Pull over to read directions. Put your phone in "Do Not Disturb" mode.	Keep your phone out of reach. Make all adjustments before driving. Don't reach for items while driving.	Avoid phone calls, even hands-free. Stay focused on the road. Keep your emotions in check.

April is Distracted Driving Awareness Drive Safe
car-crash-attorney.com



DID YOU KNOW?

Benefits for Members of the Southwest Florida Safety Council, Inc. Include:

Discounts on occupational classes at our location or yours.

Access to over 600 streaming videos & over 350 Steaming videos in Spanish at the click of your mouse.

Call 239-479-4904 for more information or needing access to the safety videos.

Get to know us!

The Southwest Florida Safety Council, Inc. is a non-government, non-profit 501(c)(3) corporation dedicated to promoting, encouraging, and supporting safety in industry, at home, on the highway, and in the community.

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