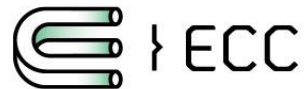


ECC Safety Tip

July 2025

Summer Safety



Team Members:

ECC Safety Committee Member

Maryellen Bumbera, PCL Industrial Construction, Procurement Manager

Heat Risks

Rapid Temperature Rise in Vehicles -

- Even on mild days, the interior of a parked car can become dangerously hot. For instance, with an outside temperature of 73°F, the inside of a vehicle can reach 100°F in just 25 minutes.

Vulnerability of Children and Pets -

- Children's body temperatures rise three to five times faster than adults', making them particularly susceptible to heatstroke.
- Pets are also at high risk, as they cannot regulate their body temperatures as effectively as humans.



Hydration

Staying Cool and Hydrated-

- **Hydrate regularly:** Drink plenty of water and natural fruit juices, even if you're not thirsty.
- **Dress appropriately:** Wear loose-fitting, lightweight, light-colored clothing to reflect heat.
- **Limit sun exposure:** Avoid outdoor activities during peak heat hours and seek shade whenever possible.

Peak Heat Hours: 10 am to 4 pm



Heat-Related Illnesses

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- **Seek medical help if symptoms don't improve**

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Vehicle Safety in Summer

Preventing Vehicular Heatstroke -

- **Never leave children or pets unattended:** Even a few minutes can be fatal.
- **Create reminders:** Place essential items like a purse or phone in the backseat to prompt a check before exiting.
- **Ventilate the car:** Open windows and door before entering to allow hot air to escape.
- **Lock your vehicle:** Always lock your car when not in use to prevent children from entering and becoming trapped.



Maintaining Vehicle Health -

- **Check coolant levels:** Ensure your radiator is full and free from leaks to prevent engine overheating.
- **Inspect the battery:** High temperatures can accelerate battery fluid evaporation, leading to corrosion.
- **Monitor tire pressure:** Under-inflated tires can overheat and increase the risk of blowouts.

Water Safety Basics

Supervision and Basic Safety:

- Always keep a close eye on children, even if they know how to swim.
- Assign a designated "water watcher" who remains undistracted at all times.
- Avoid relying on inflatable toys or floaties for safety—they can become hazards.
- Establish clear rules such as no head-first entries



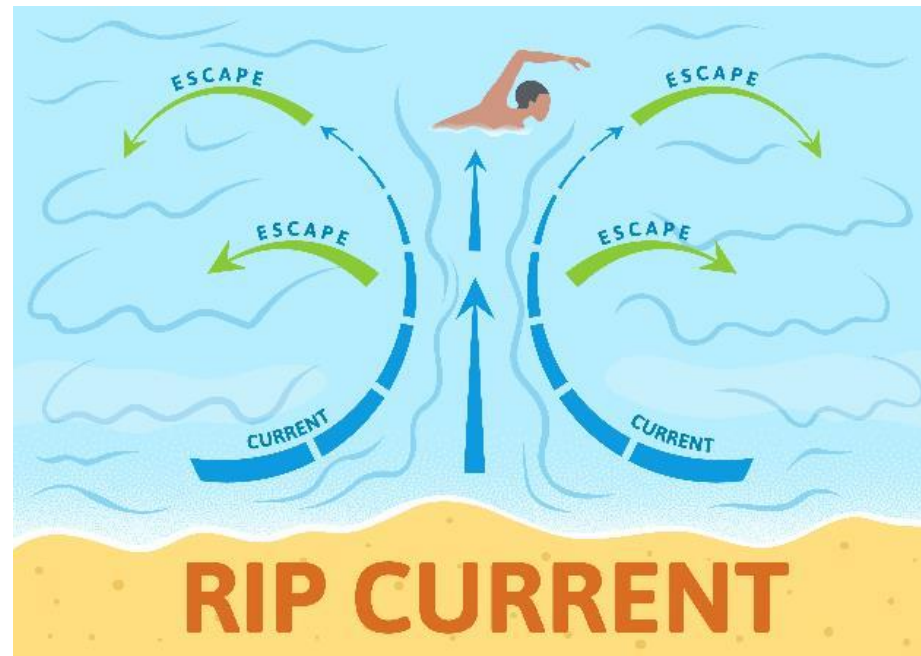
Be prepared and Educate:

- Take Red Cross courses in water safety, CPR, and first aid.
- Learn how to respond in emergencies without putting yourself at risk.
- Ensure everyone knows how to swim; enroll in certified swim lessons.
- Know how to use life jackets properly—only U.S. Coast Guard-approved ones should be used



Water Safety- Environmental Awareness

- Swim only in designated areas monitored by lifeguards.
- Check weather and water conditions before swimming; avoid stormy or high-current waters.
- At the beach, stay alert to rip currents—if caught, swim parallel to the shore until free.
- Understand and obey safety signs, flags, and warnings.



Water Safety- Visibility & Hydration

- Choose brightly colored swimsuits, especially for children, to improve visibility in water.
- Stay hydrated and apply sunscreen often to maintain alertness and prevent fatigue.
- Avoid alcohol when swimming or supervising others, as it impairs judgement and coordination.
- Communicate with others around you to promote a shared sense of safety.



Wildlife & Insect Awareness

Spiders:

Common Threats: Brown recluse, Black Widow.

Safety Tips:

- Shake out shoes, gloves, and clothing before use, especially if stored in garages or sheds.
- Use gloves when handling woodpiles, debris, or boxes stored in dark areas.
- If bitten, clean the wound, apply ice, and seek medical attention if symptoms worsen.

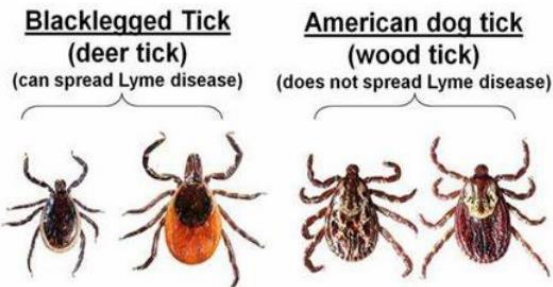


Ticks:

Common Threats: Lone Star Tick, American Dog Tick, Blacklegged Tick (Deer Tick)

Safety Tips:

- Watch Wear light-colored clothing, long sleeves, and tuck pants into socks when in wooded or grassy areas.
- Use EPA-approved insect repellents containing DEET or permethrin-treated clothing.
- Perform thorough tick checks after outdoor activities and remove ticks promptly with fine-tipped tweezers.



Snakes:

Common Threats: Western Diamondback Rattlesnake, Copperhead, Cottonmouth (Water Moccasin), Texas Coral Snake

Fun Fact: The Texas Coral Snake is often mistaken for the Scarlet Kingsnake. However, since the Scarlet Kingsnake is not native to Texas, a snake seen with these markings is the venomous one!



Safety Tips:

- Wear boots and long pants when hiking or working in tall grass or brush.
- Never put hands or feet into holes, logs, or under rocks without checking first.
- If you encounter a snake, back away slowly. Do not attempt to handle it.
- For snakebite, remain calm and seek immediate medical help.

Bees:

Common Threats: Africanized Honey-bees

Safety Tips:

- Avoid wearing strong fragrances or bright, floral-patterned clothing outdoors.
- Stay clear of hives or swarms; contact a professional for hive removal.
- If stung and allergic, use an epinephrine injector and call for medical assistance.

