



# Environmental Health and Safety Committee

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A newsletter for and about safety at UW Oshkosh

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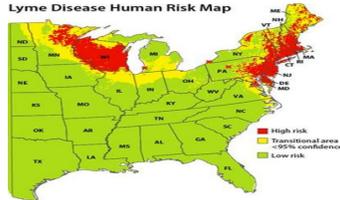
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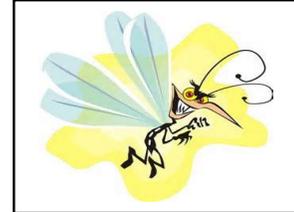
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## Working Safely in the Summer Months



### Vector Related Health Threats



Lyme disease and Rocky Mountain spotted fever are transmitted through bites of infected ticks and deer ticks and West Nile Virus is transmitted to people by infected mosquitoes. In 2012 Wisconsin State officials confirmed 44 cases of West Nile Virus in Humans and in 2011 confirmed 2,245 cases of Lyme disease. In 2000 there were only 658 confirmed cases of Lyme disease.

**Lyme Disease/Rocky Mountain Spotted Fever Symptoms**-Bull's-eye rash (in the exposure to Lyme Disease) as well as flu-like symptoms, lymph node swelling, neck stiffness, fatigue, headaches, joint and muscle aches.

### Prevention:

- Wear long sleeves, long pants, socks, hats and high boots
- Wear light-colored to see ticks more clearly
- Use tick repellent and follow manufacturer's directions and precautions.
- Shower after work and wash/dry clothing in high temperatures
- Conduct thorough "tick checks" on yourself and your children after spending time outdoors.
- Prompt removal of ticks can drastically reduce the chance of Lyme disease transmission

**West Nile Virus Symptoms**- headache, high fever, skin rash, swollen lymph nodes, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis

### Prevention:

- Wear long sleeves, long pants, socks, hats and high boots
- Use appropriate insect repellent (DEET and/or permethrin) Follow manufacturer's directions and precautions.
- Dispose of tin cans, plastic containers, ceramic pots or similar water-holding containers.
- Remove all discarded tires.
- Drill holes in the bottoms of recycling containers that are kept outdoors.
- Make sure roof gutters drain properly and clean clogged gutters.
- Change water in birdbaths regularly.
- Turn over wheelbarrows, wading pools, and boats when not in use.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs.
- Drain water from pool covers.

Use landscaping to eliminate standing water that collects on your property

### Additional Resources:

#### OSHA FACTSHEET WEST NILE

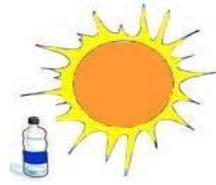
<http://www.dhs.wisconsin.gov/communicable/ArboviralDiseases/WestNileVirus/Index.htm>

<http://www.dhs.wisconsin.gov/communicable/TickBorne>

[http://www.dhs.wisconsin.gov/communicable/TickBorne/PDFfiles/Tickborne%20chart\\_04%2013%202012\\_final.pdf](http://www.dhs.wisconsin.gov/communicable/TickBorne/PDFfiles/Tickborne%20chart_04%2013%202012_final.pdf)

# Working Safely in the Summer Months

## Heat Related Health Threats



Heat and humidity can be a **serious** health threat. In 2012 Wisconsin State officials confirmed 8 deaths related to heat exposure. If you work outside, know the symptoms of heat related illness such as heat cramps, heat exhaustion, and heat stroke.

**Heat Cramp Symptoms-** Muscle spasms that are painful, involuntary, brief, intermittent, and will not go away.

**Heat Exhaustion Symptoms-** Heavy sweating and rapid pulse.

**Heat Stroke Symptoms-** High body temperature, lack of sweating, nausea and vomiting, flushed skin, rapid breathing, headache, confusion and unconsciousness.

### Who's at Risk?

All employees but especially those employees who are:

- dehydrated
- are fatigued
- have infrequent exposure to hot temperatures and high humidity
- are over the age of 40
- are in poor physical condition
- use certain medications (antihistamines, diuretics and some tranquilizers)
- have had prior heat-related illnesses
- use drugs and or alcohol within the past 24 hours
- have heat rash or sunburn

wear restrictive clothing or too much clothing

### Prevention:

1. Wear loose fitting, lightweight clothing
2. Wear light-colored clothing if you're in the sun
3. Drink plenty of fluids
4. Take it easy during the hottest parts of the day

Get acclimatized

### Additional Resources:

- [www.osha.gov/SLTC/heatillness/index.html](http://www.osha.gov/SLTC/heatillness/index.html)
- [OSHA Heat Illness Prevention Training Guide](#)
- [Using the Heat Index: A Guide for Employers](#)
- [OSHA's Heat Smartphone App](#)

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**Have a safe and Fun Summer**