

Heat Related Illness

By: Jeremy Olivier, Lofton Safety Services

Heat stress is commonly associated with warm weather, but it's not the only cause. Heat stress can occur any time the surrounding temperature is elevated. Even if the weather is cool, your work conditions may be warmer. There are six factors involved in causing heat stress:

- temperature
- humidity
- movement of air
- radiant temperature of the surroundings
- clothing
- physical activity

Recognizing heat stress warning signs is important because serious heat-related illness can cause the victim to become disoriented and unaware of their condition. The major heat stress injuries and illnesses are:

Heat rash is caused by a hot, humid environment and plugged sweat glands. It is a bumpy red rash which itches severely. It is not life-threatening but is very annoying. Dry clothes that help sweat evaporate will reduce the chance of heat rash. Washing regularly and keeping the skin clean and dry will help prevent heat rash.

Heat cramps are painful muscle cramps caused by a loss of body salt through excessive sweating. To help prevent heat cramps, drink plenty of non-alcoholic, caffeine-free (caffeine is a diuretic) fluids while working in a hot environment. Anyone suffering from heat cramps should be watched carefully for signs of more serious heat stress. If the cramps persist or other symptoms develop, seek medical attention immediately.

Heat syncope (pronounced "sin-co-pay") is sudden fainting caused by a reduced blood flow to the head. The victim's skin will be cool and moist and their pulse will be weak. Seek immediate medical attention.

Heat exhaustion results from inadequate salt and water intake and is a sign the body's cooling system is not working properly. The victim will sweat heavily, the

skin will be cool and moist, pulse weak, and will seem tired, confused, clumsy, irritable or upset. They may breathe rapidly—even pant—and their vision may be blurred. The victim may strongly argue that they are okay, even with these obvious symptoms. If you suspect heat exhaustion, don't let the victim talk you out of seeking immediate medical attention. The heat exhaustion will affect their ability to exercise good judgment. Until medical help arrives, try to cool the victim and offer sips of cool water as long as the victim is conscious. Immediate medical attention is required. Heat exhaustion can quickly lead to heat stroke.

Heat stroke is the deadliest of all heat stress conditions. It occurs when the body's cooling mechanism has shut down after extreme loss of salt and fluids. The body temperature will rise, the victim's skin is hot, red, and dry, their pulse fast, and they may complain of headache or dizziness. They will

probably be weak, confused, and upset. Later stages of heat stroke cause a loss of consciousness and may lead to convulsions. In the event of heat stroke, immediate active cooling (cool, not cold water applied to whole body) can be lifesaving, and then seek immediate medical attention. Until help arrives, try to cool the victim and offer sips of cool water if the victim is conscious.

The most effective way to prevent heat stress illness is to have a healthy lifestyle. A combination of healthy diet, adequate rest, and proper hydration will go a long way toward increasing a person's resistance. Decreasing consumption of alcoholic beverages, sugary sodas, and energy drinks prior to and during time spent outdoors is recommended.

When time is spent outdoors, it is preferable to relocate activities to shady areas, if possible. Temporary structures like collapsible canopies are great for keeping out of direct sunlight. Portable fans are also helpful over long durations of exposure. In addition, take frequent breaks indoors to cool off and ensure adequate cooling.



AUGUST 2023

It's back-to-school month! To help the kids adjust back into the school routine, try these tips:

- Set your kids' sleep schedules back to "school time" at least two weeks before.
- Visit cultural attractions like museums to shift their brains into learning mode.
- Squeeze in at least one more book to get the mind in gear.
- Set your kids' screen time rules back into effect at least one week before.
- Organize their closet with school uniforms or school approved clothing for easy access.
- Go through undergarments, socks, hair ties, etc. Replace worn items with new ones.
- Organize the food pantry with after-school approved snacks.
- Arrange playdates with two or three of your kids' friends to rebuild existing social ties.
- Set an alarm each morning at a designated time to get the kids adjusted to waking up on time.
- Let the kids help shop for school supplies.
- Check inventory of old backpacks, pencil bags, etc. to help save on expenses.
- Set an after-school schedule that allows time for snack, relaxation, play and study.

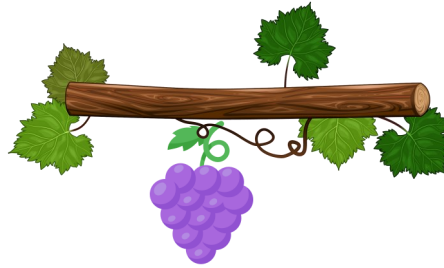




Growing Older, Getting Wiser

By: Glenda Lofton, Ph.D.

I was a “good little girl.” But it had entered the mind of the zealous young pastor’s wife seated next to me. “Have you asked Jesus to forgive you of your sins?” she whispered. Words cannot adequately describe the agony I experienced at the realization that I was a sinner. For me, there was only one response:



Christ lives in me

“God be merciful unto me a sinner.” That afternoon, the pastor and his wife visited my house, and I asked Jesus to be my Saviour.

Yet over the years I still found myself trying to be the “good little girl.” Eventually I realized that just as I could not save myself, I

could not live a life of obedience. But once again I learned Jesus provides a way. In John 15:5, Jesus said, “I am the vine; you are the branches. He that abides in me, and I in him will bring forth much fruit. Without me you can do nothing.” For me, the following poem by Velord Hauser summarizes it well:

It Shows On Your Face

You don't have to tell how you live each day. You don't have to say if you work or you play. A tried true barometer serves in its place.

However you live, it will show on your face. The hate, the deceit, you may bear in your heart Will not stay inside where it first got its start.

For the skin and the blood are a thin veil of lace. What you wear in your heart, you wear on your face. If your life is unselfish, if for others you live,

You'll learn it's not what you get, but how much you give. If you live close to God in His infinite grace,

You don't have to tell it; it shows on your face.

For as long as I can remember, I always wanted to be a “good little girl.” Perhaps it was because I learned very early the penalties of wrongdoing, although my husband, Tommy, attributes it to the “first-born syndrome.” I can still feel the guilt I felt as a four year-old when my friend and I, like Adam and Eve, hid behind the door after coating all my mother’s end tables and coffee tables with a layer of cold cream and margarine. There was also the humiliation when a kind yet stern first- grade teacher kept me after school with the admonishment that “good little girls” didn’t write love notes to little boys, even if they were as dashing as David C. These incidents combined with just one trip to the “infamous” corner in second grade, and all my sins were behind me. And so, as a fourth grader, when an evangelist at my church called all sinners to repent, I sat there passively. It never entered my mind that he was talking about me.

Health Care Open Enrollment

Open enrollment for health insurance will be held later this month. Be on the lookout for additional communication over the next couple of weeks. All employees eligible for major medical coverage are REQUIRED to participate, whether you elect or waive coverage.

Employees who do not qualify for major medical are eligible to enroll in affordable health coverage, as well as dental, vision, critical illness, disability and life.

**** This is the only time you can enroll or make changes to benefits, other than following a qualifying event. ****

Questions? Please contact the Benefits Department at benefits@Lofton.jobs or 225-924-0200.

Famous Ex-Teachers

By: Julie East, Corp. Marketing & Recruiting

If you were like me, there was always one teacher who stood out as the coolest teacher. Well, these former teachers have mine all beat.

Maya Angelou: Before becoming one of America’s most beloved authors and poets, Maya was a professor at various universities and has received over 30 honorary doctoral degrees.

Sting: Before becoming the lead singer of The Police, he was Gordon Sumner, a schoolteacher

during the week who played jazz clubs on the weekends. The ideal “cool” teacher.

Sylvester Stallone: Before Rocky and Rambo, Sylvester attended the American College in Switzerland during the 1960s, where he worked as a gym teacher on the side to earn extra money.

J.K. Rowling: The famous Harry Potter author worked as an English teacher in Portugal as she plotted out the early adventures of her young wizards.

Gene Simmons: Yes, the tongue-flicking lead vocalist of Kiss was once a sixth grade teacher in Harlem. How cool is that!

Mr. T: Before Mr. T became a famous wrestler and actor in the 1980’s, he worked as a gym teacher in Chicago.

Lin-Manuel Miranda: The ultra-talented *Hamilton* creator worked as an English teacher at his old school, Hunter College High School in Manhattan. While teaching, he started writing *In the Heights*, among other projects.

Officer Service Awards

Please join us in congratulating **Officers Hershel Arbuckle and Laura Hackler** on 20 Years of Outstanding Service with Lofton Security of Baton Rouge.

Our officers truly make the difference, and every day, Officers Arbuckle and Hackler demonstrate unwavering commitment to the safety and security of our client, employees, guests, and contractors. Thank you for being the best part of Lofton!

