

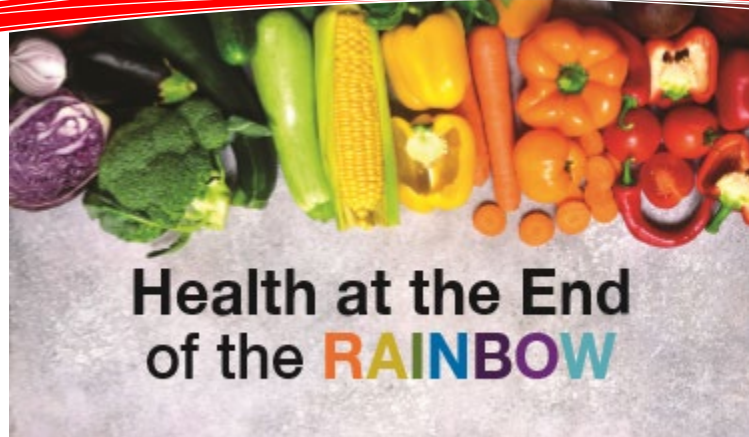
Health at the End
of the Rainbow
Pg. 1

Avoid Heat-
Related Illnesses
& Death Pg. 2

Dangers of Eating
While Driving Pg.
4

Birthdays & Work
Anniversaries Pg.
5

Clean DOT & Quiz
Pg. 6



Filling half of your plate with vegetables and fruit at every meal is a great way to ensure you get enough of these wholesome foods each day. But which vegetables and fruits are the healthiest? They are all good.

Your best bet is to choose a variety of options from all colors of the rainbow. Each hue comes with a unique set of vitamins, minerals, antioxidants and phytonutrients (health-friendly plant compounds), so variety is important. The vibrant colors in vegetables and fruits are more than just pretty — they are functional, too. The pigments that make carrots orange, tomatoes red and spinach green work collectively to help protect whole body health.



The exact type and amount we need of each vegetable and fruit is not fully understood, so the best advice is to capture the rainbow during your daily meals and snacks.



Include these beauties for:

Lycopene: In tomatoes, watermelon and pink grapefruit. It's linked to a reduced risk of certain cancers, especially breast and prostate.

Anthocyanins: In blueberries, blackberries and purple cabbage. They're linked to heart health, brain health and better cognitive function.

Carotenoids: In carrots, leafy greens, sweet potatoes and pumpkins. Carotenoids may help prevent cataracts and other age-related eye diseases.

Flavonoides: In cherries, berries and red grapes. These pigments have shown anti-inflammatory effects, and may also protect heart and brain health.

Sulforaphane: In broccoli, cauliflower, kale and cabbage. This plant compound has been shown to reduce cancer cell growth in lab and animal studies.



Learn How to Avoid Heat-Related Illnesses & Death

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2018, 162 people died in the U.S. from exposure to excessive heat, according to *Injury Facts*.

People most at risk include:

- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the free NSC First Aid Quick Reference app, signs and symptoms include:

- Sweating
- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status

- Irrational or belligerent behavior
- Convulsions or unresponsiveness

Immediately take action:

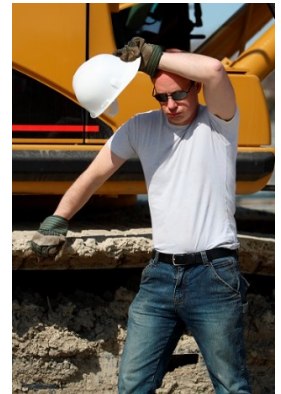
- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed

DO NOT:

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. According to the Centers for Disease Control and Prevention:

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body



Keep Each Other Safe

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses. The National Institute for Occupational Safety and Health recommends:

- Working shorter shifts until workers have adjusted to the heat
- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.

Clay Cormier
DOT Safety Manager

Dangers of Eating While Driving

Most people often hear about distracted driving and how texting while driving is one of the most dangerous distractions. While this is true, it's believed that eating while driving is just as dangerous. It's common among drivers but overlooked as a road risk. The most obvious concern is having your hands full. It's impossible to keep both hands on the wheel if you're eating or drinking a beverage. The initial process of unwrapping or opening and closing bottles takes enough focus away that it can easily cause an accident.



Dangerous Foods- Granted, it's best not to drive famished, but you should try to avoid any distractions while on the road. Whether you're eating or drinking, if you spill something, your attention is instantly diverted from the road. When you've finished, your hands are often slick, and you're more likely to lose control of the wheel. Sweets like chocolate or foods with heavy sauces like barbecue are especially dangerous. To prevent this sticky situation, try to eat before getting on the road. It may be tempting to order from a drive-thru and continue with your route, but you should opt for eating in. If you don't have any time, wait to eat at stoplights or make stops into roadside parking lots for a few bites. If you have to eat something on a long trip, try to stick to foods and drinks that don't require too much attention. French fries, baked chips, and water are less likely to stain or burn, so they should be easier to manage.

Road Rules

Eating while driving isn't against the law, but it slows down your reaction time, and it's why drivers should refrain from doing it. To practice successful defensive driving, you should give the road your full attention. A study conducted by the National Highway Traffic Safety Administration revealed that eating while driving increased the odds of an accident by 80 percent, with at least 70 percent of surveyed drivers admitting to eating while on the road.

These types of accidents are more likely to occur in the morning hours. Most drivers are on their way to work or school and are rushing to their next destination on an empty stomach. Getting



breakfast from the drive-thru is a normalized activity, but, again, this tends to delay reaction time.

Overall, multitasking can be problematic behind the wheel. The time you spend focusing on eating could be spent on getting to your destination faster. Again, this isn't against the law, but some U.S. cities have banned eating while driving. In places like South Dakota, a driver can be fined at least \$100, and some areas may ticket you for reckless driving. Ultimately, eating less while driving increases everyone's safety on the road.

EAT BEFORE YOU GO~STAY SAFE AND SATISFIED

Lauren Vincent
Industrial Safety Manager



Birthdays



August Birthdays

Barry Hessler- 8/1

Kenneth Racca- 8/5

Robert Vincent- 8/19

Jerome Maksyn- 8/29

Work Anniversaries

August Work Anniversaries

Donald Hargrave- 1 year

Patrick Payne- 1 year

Amanda Smith- 2 years

Jimmy Thompson- 10 years

Clean DOT Inspections

A special thank you to **David Hardy** out of the Pasadena Terminal and **Kyle Washington** out of the Sulphur Terminal!! Both received Clean DOT Inspections for A & B Transport in the month of July.

Both drivers received a \$100 bonus on their check for the Clean DOT Inspection.



What did you learn?

Name: _____

Date: _____

1. Which of the following can be found in n blueberries, blackberries and purple cabbage and it linked to heart health, brain health and cognitive function?
 - a. Lycopene
 - b. Anthocyanins
 - c. Sulforaphane
2. List 3 symptoms of heat stroke.
 - a. _____
 - b. _____
 - c. _____
3. A study conducted by the National Highway Traffic Safety Administration revealed that eating while driving increased the odds of an accident by _____ percent.
 - a. 15
 - b. 48
 - c. 80

If you return this portion completed to the Safety Department by August 31st, you will be entered into a drawing for 2- \$25.00 gift cards. Good Luck!