

Safety Wise



August
September
October
2013



Lee's Summit R-7 Safety & Environmental Services

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School Bus Safety

Tips:

- ❖ Stand at least 3 giant steps back from the curb at your bus stop.
- ❖ Always wait for the bus to come to a complete stop.
- ❖ Board the bus one at a time. Do not crowd or push others.
- ❖ Always cross in front of the bus where you can see the driver and the driver can see you.
- ❖ When riding the bus, remain correctly seated while the bus is in motion.
- ❖ Listen to the bus driver and follow directions.
- ❖ Keep your voice down so the bus driver is able to hear traffic sounds and concentrate on the road.



Keep Cool and Back to School

Back to school time means back to school sports time! As we head back into our routine of classes and practices, it is important to remember that it is still August and this is typically the hottest time of the year. Everyone needs to be on the lookout for signs and symptoms of heat-related illnesses.

This can include heat cramps, heat exhaustion and heat stroke (or sun stroke). When the body sweats, it is depleted of salt, water, and essential electrolytes as it works to cool down.



The risk of heat illness increases as the outside temperature rises. Humidity greatly exacerbates the risks. Moderate risk occurs between 65°-73° F. High risk occurs at 74°-82° F. Extreme risk occurs at temperatures above 84° F. Keep a close eye on your team mates and be ready to act if necessary!

Prevention and Treatment of Heat-Related Illnesses

How can we prevent heat illness?

- Prevent dehydration. Stay well hydrated all week and drink 16oz of water or sport drink one hour before warm-ups. Drink 4-8oz fluid every 15-20 minutes of play.
- Practice during cooler parts of the day (before noon and after 5pm).
- Wear less padding/equipment.
- Using a buddy system during conditioning drills to monitor tolerance.

What are symptoms of heat illness?

- Thirst
- Nausea
- Chills
- Muscle pain/spasm
- Decreased sweating
- Dizziness
- Headache
- Rapid pulse
- Confusion
- Dry, hot skin
- Fatigue
- Unsteady gait
- Fainting

What action should be taken?

- Move affected person out of the heat.
- Try to have the person drink water or sport drink every 15 minutes regardless of thirst.
- Place ice packs on top of the head, under armpits, and on inner thighs.
- Lie the affected person down and elevate feet.

"Safety is something that happens between your ears, not something you hold in your hands." –Jeff Cooper