

Summer is Here: Take The Dangers of Heat Stress Seriously...

WORKING IN A HOT ENVIRONMENT puts stress on the body's cooling system. When heat is combined with other stresses – like hard physical work, loss of fluids or fatigue – it may lead to heat-related illness, disability, or even death. Individuals over age 40 need to take extra care when the weather is hot, because our ability to sweat declines as we age. However, heat stress can also affect individuals who are young and fit.

Water is crucial to helping the body adjust to high temperatures. The rate of water intake must equal the increased rate of water loss by perspiration to keep body temperature normal. When it's hot, drink plenty of water! Your body must work even harder to get rid of excess heat when conditions are both hot and humid. Unfortunately, perspiration can't evaporate as readily under muggy conditions. The process is easier if the surrounding air is moving. That's why we welcome a cool breeze, or turn on a fan when the air is "sticky."

Sickness and accident rates increase when heavy work is done at temperatures above 30 degrees. Don't push yourself beyond your limits. It could be harmful to your health, and could put you at increased risk of having an accident. Learn the signs and symptoms of heat stress like cramps, heavy sweating, cool, moist skin, blurry vision, clumsiness and confusion and realize that if allowed to progress, heat stroke can kill a person quickly. Get medical attention immediately.

~ "Dangers of Heat Stress," Farm Safety Association, www.farmsafety.ca

NEW & RETURNING MEMBERS

Jay Kivell, Jay Kivell and Associates
Thornbury, ON

Lorna Hill, Dol Turf Restoration Ltd.
Bond Head, ON

Mike McQuade, Woodbine Entertainment
Group, Rexdale, ON

Robert Mackie, Waterloo Region District
School Board, Wingham, ON

Tom Oldham, Grand Erie District School Board
Brantford, ON

Robert Broughton, R. Broughton Consulting
Toronto, ON

Sue Gilpin & Gord Noble, City of Hamilton, ON

John Engelberts, City of Ottawa, ON

Kim Berge, City of Saskatoon, SK

Rob Allison, Kubota Canada Ltd., Markham, ON

Doug Gough, City of London, ON



POSA Summer Operational Forum

STA Director/Treasurer Rick Lane (left), Director, Recreation & Community Services for the City of St. Catharines, together with Peter Secord, Councillor & Deputy Mayor, welcomed participants at the POSA Summer Operational Forum, June 22nd.

Odds & Ends...

STA MEMBERSHIP PLAQUES

Display membership plaques are available in executive engraved walnut for \$50 plus S&H and HST. To order, contact Lee at the STA office.

TURF TRADES EMPLOYMENT ADS

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STM EDITORIAL CONTENT

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