

Safety Review

Build It Once, Build It Right, Build It SAFE



Heat Exhaustion Prevention

When the body is unable to cool off by sweating, heat-induced illnesses such as heat stroke can occur. Some symptoms of heat exhaustion include:

- Fatigue
- Profuse sweating
- Loss of coordination, muscle weakness
- Nausea or dizziness

Make sure you are taking the proper precautions to avoid heat-induced illnesses:

- Drink lots of water and electrolytes throughout the day
- Avoid caffeinated drinks and heavy meals
- Take breaks in cool, shaded areas
- If you detect signs of heat exhaustion, notify a supervisor immediately

REMINDER!

The first five employees to complete this month's Safety Source video and pass the quiz on Ladder Safety will receive free Premier Group apparel! If you are having issues accessing your Safety Source account, please email Safety@thepremiergroupus.com

Congratulations to August's Safety Source Winners!
James B., John F., Bryce B., John C., McKenly, N.

Hot Topics: Ladder Safety

When used properly, ladders can be a safe and useful tool. Before and during ladder use, planning, preparation, and careful positioning is required. When ladders are incorrectly used, they can lead to a serious injury. Below are some helpful tips before and during ladder use to prevent potential injuries:

- Assure that the ladder is in good physical condition. All rungs must be intact or the ladder should not be used.
- Do not place ladders on soft ground, slippery flooring, glass, or other weak surfaces.
- Make sure that all extension ladders extend at least three feet above the highest support point.
- Use three points of contact, with at least three extremities attached to the ladder at all times.
- Do not twist your body while climbing.
- Do not climb with hands full of gear.
- Make sure footwear is free of mud, oil, and other slippery debris when working on a ladder.
- Follow the Belt Buckle Rule: While using ladder, keep your body positioned to keep your torso and belt buckle in between the side rails of the ladder.

Click [here](#) to view this September's Safety Source video on Ladder Safety to learn more ways to prevent potential ladder injuries!

Contact Us

If you ever have any safety concerns onsite or would like to give us feedback, feel free to email us anytime at Safety@thepremiergroupus.com