



ChallengeME MONTHLY MINUTE

VOL 01 ISSUE 04 / AUGUST 2018 • mainedot.gov/challengeme

Monthly topic: Heat Safety



Many people are exposed to heat on the job, both outdoors and in hot indoor environments. Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, strenuous physical activities, long exposure to the sun, or excessive exposure to heat can cause a range of heat-related illnesses, from heat rash and heat cramps to heat exhaustion and heat stroke. When working in hot environments, on the job and at home, watch those around you for the following conditions and symptoms.

Condition: Heat Cramps
(muscle contractions in calves and hamstrings)
Symptoms: Feels like a pulled muscle, painful, not life threatening, associated with lack of fluids, high temps, and lack of physical conditioning
Mental Status: Normal
Core Temperature: Normal - if elevated, could lead to other conditions listed
Treatment: Water, cool air, rest

Condition: Heat Exhaustion
(excessive water loss)
Symptoms: Headache, nausea, fatigue, dizziness, light-headedness, actively sweating, pale, cool skin
Mental Status: Usually conscious, may faint
Core Temperature: Over 102°F
Treatment: Shady place or AC room, keep cool, increase fluids, cold wet towels, fan, may require IV fluids

Condition: Heat Stroke
(failure of body's heat controlling mechanisms)
Symptoms: Headache, flushed, dry, or warm skin, rapid pulse, seizures
Mental Status: Incoherent speech, disoriented, confused, aggressive, possibly unconscious
Core Temperature: Over 105°F
Treatment: Immediate action necessary, shady place or AC room, remove most of clothes, apply cool, wet towels, fan to increase air flow, call 911

Healthy Habits

6 TIPS FOR EXERCISING IN SUMMER HEAT

Brought to you by Fitness Specialists Ben and Elizabeth at the Bangor Wellness Center

1. Drink water prior to and during your workout.
2. Pick a cooler time of the day: Unless you are training for an event that takes place in the daytime, avoid exercising from 10 am to 3 pm, the hottest part of the day. Generally, the early morning is the best time to work out, especially if it is going to be a scorcher that day.
3. Wear loose, light colored clothing; Select moisture-wicking, quick-drying gear. These fabrics are thin, lightweight and don't absorb sweat.
4. If you can, choose shaded trails and pathways.
5. Check the weather online to see if there is a heat advisory - if there is, bring your workout indoors because you could damage your lungs due to high ozone and air pollution.
6. Most importantly: listen to your body! If you feel dizzy, nauseous, or faint - Stop immediately!

For more tips and a chance to ask questions, we will be hosting a live webinar via Zoom on August 9th at 1pm. For more information please email elizabeth.young@mainegeneral.org

*"Even if you're on the right track, you'll get run over if you just sit there."
-Will Rogers*

Fun Facts

Asphalt is substantially hotter than the air!

Skin destruction can occur in 60 seconds at 125°F (for comparison, an egg can fry in 5 minutes at 131°F).

Air Temperature	Asphalt Temperature
77°F	125°F
86°F	135°F
87°F	143°F

The inside temperature of a car can raise 20°F every ten minutes, and can easily exceed 100°F in half an hour.

The sun's rays are their strongest from 10AM to 4PM.

Heat waves cause more deaths each year than hurricanes, lightning, tornadoes, earthquakes, and floods combined.

The record high temperature in Augusta, ME was 100°F on August 5, 1955.

This Month

- Aug. 1-5: Maine Lobster Festival, Rockland
- Aug. 4th: Beach to Beacon, Cape Elizabeth
- Aug. 4th: Maine Kids Triathlon, Bethel
- Aug. 17-19: Wild Blueberry Festival, Machias
- Aug. 18th: Mt. Washington Bicycle Hillclimb
- Aug. 26th: Iron Man 70.3, Old Orchard Beach

Apple picking season begins this month!
Also in season: blackberries, blueberries, raspberries, and watermelons.



The Results Are In: 21 Day Water Challenge

Thank you for participating in the 21 Day Water Challenge! Although the challenge has ended, don't stop hydrating; There is plenty of warm weather on the way!

In 21 days, 78 MaineDOT employees consumed over 106,000 ounces of water - an average of 65 ounces/day/person!

- 106,000 ounces of water is equivalent to:
- 828 gallons of water
 - or 5,500 venti cups from Starbucks
 - or 55 beer kegs of water
 - or 40 car gas tanks of water
 - or 20 bathtubs of water
 - or 4.5 hot tubs of water
 - or 0.3 concrete mixing trucks of water

WHAT PEOPLE HAD TO SAY:

"This challenge helped me increase my water intake and I plan to continue this challenge on my own. Thank you!"

"I started drinking the 64 and I was like "hey what if I just drank a whole gallon?"... so that is what I did for the last week of the challenge."

"It made me aware that I was drinking four less glasses of water on Sundays, so I'm trying to drink more in the morning."

"...I thought I was doing 64 oz. per day before, but tracking made me realize that wasn't true..."

Fairs this month: Monmouth (1-4) • Topsham (5-12) • Skowhegan (9-18) • Union (18-25) • Maine Farm Days (23-24) • Piscataquis Valley (23-26) Acton (23-26) • Pembroke Farm & Horse (25-26) • Windsor (26-Sep. 3) • Blue Hill (30-Sep. 3) • Springfield (31-Sep. 3) • Harmony Free (31-Sep.3)

Coming Up September: Behavior Change

Is there an upcoming event you'd like to see listed?
Please email: kara.a.aguilar@maine.gov