



SpawGlass

100  
DAYS OF  
SUMMER

SPAWGLASS 3RD ANNUAL  
**SUMMER SAFETY**  
AWARENESS CAMPAIGN



SpawGlass is proud to share the annual 100-days of Summer campaign which provides team members with safety awareness tips over the course of the summer. Our goal at SpawGlass is for all team members to go home safe to their families every day and the 100 Days of Summer campaign is a fun way to keep safety in the forefront of everyone.

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# 100 Days of Summer

- The 100 Days of Summer campaign runs 15 weeks from Memorial Day (5/29) through Labor Day (9/4).
- The intent of this program is to bring awareness to summertime heat exposures and protect worker safety and health.
- All employees have received a 100 Days of Summer poker chip with a QR code on the back side.
- Each week team members scan the poker chip QR code to see 2 items:
  1. A special summertime safety message in English and Spanish. See page 3 for messages that are being shared.
  2. Information on the weekly winner. A craft worker is randomly selected to receive \$100 cash. Their name, photo and information (tenure, position and jobsite) is included with the weekly summertime message.



# *100 Days of Summer*

- In addition, the weekly summertime message is shared at all toolbox meetings and emailed to all team members.
- A large portion of our work force in Texas is Spanish speaking. All messages are shared in both English and Spanish.
- The \$100 weekly prize encourages team members to scan their QR code to see who the weekly winner is and also prompts viewing of the summertime safety message.



# 100 Days of Summer – Weekly Message

<b>Week</b>	<b>Date</b>	<b>Safety Message</b>
1	5/29/2023	Summertime Hydration
2	6/5/2023	Who is your Safety Director @ Home?
3	6/12/2023	Ways to Protect Yourself and Others
4	6/19/2023	Skin Cancer
5	6/26/2023	4th of July - Firework Safety
6	7/3/2023	Risk Factors for Heat Stress
7	7/10/2023	Young Workers
8	7/17/2023	Swim Safety
9	7/24/2023	Monitoring Urine for Dehydration
10	7/31/2023	Heat Illness Signs & Symptoms (responding to emergencies)
11	8/7/2023	School Zone Safety
12	8/14/2023	Evaluating Heat Hazards
13	8/21/2023	Importance of Drinking Water
14	8/28/2023	Memorial Day Safety Tips
15	9/4/2023	Severe Weather (Rain, Tornados, Lightning & Hurricanes)

The first day of summer returns in June each year, but the first reported cases of heat stroke and heat exhaustion have probably already occurred. Heat is the leading weather-related killer in the United States, even though most heat-related deaths are preventable. On average 30 workers per year die of heat stroke and thousands more become ill. Hydration is key in preventing a heat related illness:

**Hydrate Before Work**

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

**Hydrate During Work**

- Drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

**Hydrate After Work**

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for several medical conditions, such as kidney stones.

**Did you know?**

- Alcoholic beverages, coffee, tea, energy drinks or other drinks containing caffeine will dehydrate the body and increase the risk of heat illnesses. Drinking alcohol within 24hours of working in the heat can increase the risk of heat illness.
- For prolonged sweating lasting several hours, sports drinks (Gatorade, Powerade) with balanced electrolytes are another option to replace salt lost in sweat. These products can be high in sugar are perfectly acceptable when diluted 50% in water.



Congratulations to our Week 1, 100 Days of Summer winner – Roberto Degollado is celebrating 5 years with SpawGlass and is a carpenter in the South Texas division.

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El primer día de verano regresa en junio de cada año, pero los primeros casos reportados de golpe de calor y agotamiento por calor probablemente ya hayan ocurrido. El calor es el principal asesino relacionado con el clima en los Estados Unidos, a pesar de que la mayoría de las muertes relacionadas con el calor son prevenibles. En promedio, 30 trabajadores por año mueren de golpe de calor y miles más se enferman. La hidratación es clave para prevenir una hidratación relacionada con el calor:

#### **Hidratarse antes del trabajo**

- Estar hidratado cuando comienzas a trabajar hace que sea más fácil mantenerse hidratado durante todo el día.
- Si está deshidratado cuando comienza a trabajar, es posible que no pueda beber lo suficiente para ponerse al día con la necesidad de agua de su cuerpo.

#### **Hidratarse durante el trabajo**

- Beba antes de sentir sed. Para cuando sienta sed, ya está atrasado en el reemplazo de líquidos. La deshidratación es un contribuyente principal al agotamiento por calor.
- Cuando trabaje en el calor, beba 1 taza (8 onzas) de agua cada 15-20 minutos.
- Beber a intervalos más cortos es más efectivo que beber grandes cantidades con poca frecuencia.
- ¡No beba más de 48 oz (11/2 cuartos de galón) por hora! Beber demasiada agua u otros líquidos (bebidas deportivas, bebidas energéticas, etc.) puede causar una emergencia médica porque la concentración de sal en la sangre se vuelve demasiado baja.

#### **Hidratarse después del trabajo**

- La mayoría de las personas necesitan varias horas para beber suficientes líquidos para reemplazar lo que han perdido a través del sudor. Cuanto antes comience, menos presión ejercerá sobre su cuerpo por la deshidratación.
- Hidratarse después del trabajo es aún más importante si trabajas en el calor de forma regular. La deshidratación crónica aumenta el riesgo de varias afecciones médicas, como cálculos renales.

#### **¿Sabías que?**

- Las bebidas alcohólicas, el café, el té, las bebidas energéticas u otras bebidas que contienen cafeína deshidratarán el cuerpo y aumentarán el riesgo de enfermedades causadas por el calor. Beber alcohol dentro de las 24 horas de trabajar en el calor puede aumentar el riesgo de enfermedad por calor.
- Para la sudoración prolongada que dura varias horas, las bebidas deportivas (Gatorade, Powerade) con electrolitos equilibrados son otra opción para reemplazar la sal perdida en el sudor. Estos productos pueden ser altos en azúcar son perfectamente aceptables cuando se diluyen al 50% en agua.



Felicidades a nuestro ganador de la semana 1, 100 días de verano: Roberto Degollado está celebrando 5 años con SpawGlass y es carpintero en la división del sur de Texas.

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