

WORKING TOGETHER  
FOR A HEALTHIER  
WORKFORCE

OFFICES IN  
WASHINGTON AND  
WAYNESBURG

# WHS OCCUPATIONAL MEDICINE NEWSLETTER

JULY 2023



## THIS ISSUE

*Heat Related Illness*

## IT'S WHAT WE DO

We are a full-service Occupational Medicine Clinic, offering a wide variety of services to meet your needs:

- Injury care
- Pre-employment physicals
- Return to work physicals
- DOT/school bus physicals
- OSHA surveillance physicals
- Audiogram hearing tests
- Respirator fit tests
- Drug tests (urine, hair, saliva)
- MRO services

## COMPANY PROFILE

We are always striving to improve communication with our clients. We create a company profile for each client we serve.

Please make sure to periodically contact us to ensure your information (contact names and phone numbers, fax numbers, emails, and workers compensation insurance info) is current.

# STAYING CONNECTED TO OUR BUSINESS CLIENTS

Welcome to the first edition of the WHS Occupational Medicine Newsletter. We plan for this to be a quarterly publication to update our business clients on various occupational health topics, workplace topics, and services we provide. We'll also include tips and suggestions to help make your employees' visit as smooth as possible. Our goal is to be your partner in promoting a healthy and productive workforce.

Please feel free to share this information with others in your organization.

# HEAT RELATED ILLNESSES

Summer is here. Heat related illnesses are preventable. Learn the symptoms and what to do if you or a coworker shows signs of having a heat-related illness.



### Heat Stroke Symptoms

- Body temp of 103° F or higher
- Hot, red, dry, damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness

### What to Do

- Call 911 or seek medical attention right away
- Move person to a cooler place
- Lower temp with cool cloths or cool bath
- Do not give the person anything to drink



### Heat Exhaustion Symptoms

- Heavy Sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

### What to Do

- Move to a cool place
- Loosen clothing
- Place cool, wet cloths on the body
- Sip water

### **Get medical help right away if:**

- Vomiting
- Symptoms get worse
- Symptoms last longer than 1 hour



### Heat Cramps Symptoms

- Excessive sweating
- Muscle pain or spasm

### What to Do

- Stop activity and move to a cool place
- Drink water or sports drink
- Wait for cramps to subside before resuming activity

### **Get medical help right away if:**

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

## TIPS

To help reduce the time your employees spend in our clinic, download, and complete all necessary forms prior to the scheduled visit.

- DOT forms
- Pre-employment medical history
- OSHA Respiratory Questionnaire
- OSHA surveillance forms
- Audio history

Forms can be found on our website at [whsoccmed.org](http://whsoccmed.org). We can also provide you with a digital copy of these forms.



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