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December, 2017

Maxima - Summer 2017 - WHS Newsletter

Welcome to the end of the year!

With the hottest stretch of summer yet to arrive it is time to be vigilant of the warning signs of heat stress. While most of us are looking forward to a Christmas break, hanging with family and friends and just relaxing. Workplace safety should always be at the front of your mind to ensure you return home safely every day. Work safe and you will come home safe.

In summer you need to ensure that you don't suffer from heat illness which can occur when temperature, humidity, radiant temperature clothing or physical activity can impact on your well being.

Heat illness covers a range of medical conditions when the body is unable to properly cope with working in the heat. These include:

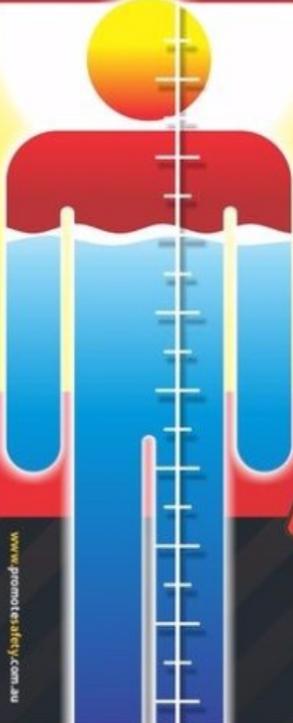
- Heat stroke - a life threatening condition that requires immediate first aid and medical attention
- Fainting, Heat exhaustion, heat cramps, rashes (called prickly heat)

Signs and symptoms include feeling sick nauseous dizzy or weak. Clumsiness collapse and convulsions may occur.

Summer Heat Safety Tips

- Drink lots of water, even before you feel thirsty
 - Limit your alcohol the night before work
 - Have a good night sleep before work
 - Have a healthy breakfast each morning
 - Apply and reapply sunscreen, wear your hats and long sleeves
 - Know the symptoms of heat illness
 - Report concerns to your supervisor
-

THIRST is the first sign your water reserves need a top up.



If not treated immediately it can quickly escalate to **Heat Illness**

Symptoms of Heat Illness may include:

- muscle cramps • dizziness
- weakness • headache • nausea
- shortness of breath • irritability
- reduced attention span
- rapid but weak pulse
- skin that is pale, cool and clammy.

If Heat Illness is suspected, sit in a cool, shaded place and slowly drink cool water.

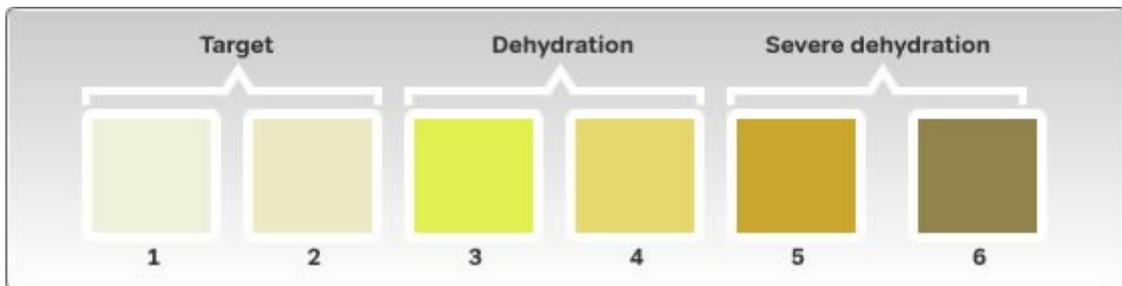
If symptoms do not reduce quickly, seek IMMEDIATE medical assistance.

If not treated Heat Illness can quickly escalate to **Heat Stroke and death**

To Avoid Heat Illness & Heat Stroke
Keep Well Hydrated with Pure Water and Take Regular Cool Down Breaks

www.promotesafety.com.au

What does your pee say about you?



Will you recognise your heart attack?

heart attack?



Do you feel any

pain

pressure

heaviness

tightness

In one or more of your

chest

neck

jaw

arm/s

back

shoulder/s

You may also feel

nauseous

a cold sweat

dizzy

short of breath

Yes

1 STOP and rest now

2 TALK Tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000* Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

*If calling Triple Zero (000) does not work on your mobile phone, try 112.

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NewAccess - Coaching you through tough times

NewAccess - Coaching you through tough times
Phone: 1300 22 46 36

If life pressures are causing you stress, you can take action.

someone who will guide you in setting practical goals that will get you back on track.

The program includes six free sessions with a NewAccess coach. At your first appointment, your coach will complete an initial assessment with you and develop a program tailored to your needs.

Sessions occur over the phone or face-to-face, whichever works best for you. If any of the following are causing you to feel unhappy, moody, angry or unable to concentrate or sleep this service could be right for you:

- Work stress or uncertainty
- Change in living arrangements
- New parent worries
- Family problems
- Health concerns or uncertainty
- Long-term isolation or loneliness
- Financial worries

Always remember that your Maxima Consultant is available to speak to about any issues that you are having. We have here to support you.

Your safety and wellbeing is our top priority and we encourage you to think about the importance of your personal safety whenever you're at work.



From all of us at Maxima we wish you a Merry Christmas and Happy and Safe New Year.

WHS Team



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Visit maxima.com.au

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