



C.A.N.E.L. LODGE 700

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MONTHLY EH&S REPORT FOR

C.A.N.E.L. LODGE 700

est. in 1959

82 Saybrook Road

Higganum, CT. 06441

07/14/2024



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**Mourn for the Dead
fight like Hell for the
living by Mother Jones**

0007 Monthly Report

Feeling the heat? Keep Cool!

Whether you're working in the yard, spending time outside on vacation, or working in Middletown during a load shed event, summertime means it's HOT! No matter where you feel the heat you should know the signs of heat related illness and what you can do to keep yourself safe.

Noticeable signs of heat exhaustion are heavy sweating, pale clammy skin, nausea or vomiting, muscle cramps or weakness, headaches, dizziness, and fainting. When feeling these symptoms move to a cool place, loosen or remove unnecessary clothing, put cool wet cloths on body or take cool bath, and sip water. If symptoms get worse contact medical help.

When heat exhaustion becomes heat stroke things get more severe. Heat stroke symptoms include high body temperature (103°F or higher), hot red dry skin, headache, dizziness, nausea, confusion, and loss of consciousness. If someone is having a heat stroke move them to a cool place, help lower body temperature with cool damp cloths or bath, do not give the person anything to drink and contact medical assistance right away.



So what can I do to prevent becoming a victim of the heat? There are many things you can do to prepare to face the summer without fear. Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off. Find an air-conditioned shelter (Call 2-1-1 in CT for a list of cooling centers).



Do not rely on a fan as your primary cooling device. Avoid direct sunlight. Wear lightweight, light-colored clothing. Take cool showers or baths. Remember to use sunscreen to protect from burns. Never leave pets or kids in a hot car. Finally but most important of all **STAY HYDRATED.**

Summer can be a time of fun in the sun if we all take the steps to beat the heat. Stay cool and stay safe.



To learn more about the I.A.M.A.W. Safety and Health click on the link [Safety and Health - IAMAW \(goiam.org\)](http://goiam.org)

To view the full Monthly EHS report, go to iam700.org click on [Environmental Health & Safety – CANEL Lodge 700 \(iam700.org\)](http://iam700.org)

Respectively submitted Chief Union Safety Representative Mike Lamoureux.

Friendly Reminder

Safety shoes and safety glasses should be worn in the shop, wall to wall.

If you're due for shoes or glasses the schedules are below:



Optical Department

Contact at 860-344-4157



SHOEMOBILE ON SITE!



**PRATT & WHITNEY – MIDDLETOWN CT
SHOE TRUCK SCHEDULE FOR 2023**

Shoe truck will be located on the southwest side of B220 (near the electrical substation, outside of Well 3)

JULY 9 TH	TUESDAY	12:30PM – 4:30PM
JULY 15 TH	MONDAY	6:00AM – 10:00AM
JULY 26 TH	FRIDAY	12:30PM – 4:30PM
AUGUST 6 TH	TUESDAY	12:30PM – 4:30PM
AUGUST 12 TH	MONDAY	6:00AM – 10:00AM
AUGUST 23 RD	FRIDAY	12:30PM – 4:30PM

First and Second shift	Third and AWW shifts
Roberta Daversa CT License #001189 ctsafetyglasses@gmail.com	Jim Valinsky CT License #001225 Sea80optical@gmail.com

First & Second Shift Employees	Third Shift & AWW Employees
Tuesday through Thursday, 11am-4pm**	Wednesday 5:30am-7am Saturday 5:30am-7am

**Other hours available by appointment.

AWW2 Employees
1st and 3rd Sunday of the Month, 5:30am-8am Saturday 5:30am-7am

If you have shoes or glasses that are damaged and need to be replaced contact your safety rep or pro.

*IPP SHOE STORE IS LOCATED AT 3310 BERLIN TURNPIKE NEWINGTON CT
Phone: (860) 791 – 7200 Website: www.ipp4safety.com*



Want to make your workplace safer?

Have good problem solving skills?

Do you care about your health and the health of your coworkers?

Ever consider becoming a Union Health and Safety Representative?

Currently seeking representative for first and second shift. Getting representation from PDC/ SEV/ F&S would be great but all interested are welcome to inquire. If interested reach out to a Union Health and Safety Rep, Steward, or to Mike Lamoureux directly.

Lets help each other stay healthy and safe!

June Ridii Winners:

- | | |
|-----------------|----------------|
| Ralph Folino | Timothy Flores |
| Steven McCarthy | Gary Dowd |
| Robert Obrebski | Dan Burr |
| Thomas Nemecek | Paul Dickes |

