DISCOUNT TIRE **AMERICA'S TIRE**

SAFETY FOCUS

DISTRIBUTION CENTERS

This year, we will be working with you to encourage safety participation from everyone at your location.

Know The Signs

BE PREPARED

ACTION ITEMS

1 Complete the DTU training

2 Review and share the safety topic with your people

3 Leave feedback

INSTRUCTIONS

1 Print out this Focus, review the information, and **complete the action items.**

2 Each section has action items to help you and your team complete this Safety Focus. **Review each section carefully.**

3 The Safety Leader will need to **complete the DTU training module** for the month. You will be required to complete a course test following the training module.

4 Once all the action items are completed, **have a group discussion** about your findings and answer your feedback questions as a team.

FEEDBACK
ON THIS MONTH'S TOPIC

All feedback must be submitted through the Safety Feedback Portal.

Safety Leader: You will find the feedback questions at the end of this Safety Focus.

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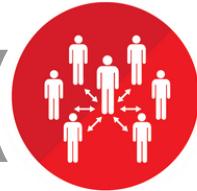
HEAT ILLNESS PREVENTION

An average of about 650 people die in the United States every year from illnesses related to excess heat. Heat Illness can occur if your internal temperature rises so fast that the body's sweating mechanism fails, making in difficult for your body to cool down.

Share the information below with your team

It contains the symptoms of heat stroke and heat exhaustion. Be sure to explain the importance of recognizing heat-related illness before its too late.

Manager's Responsibilities

- Provide cold drinking water and cool shaded areas for employees
- Monitor the weather
- Make necessary adjustments to the schedule for the purpose of reducing the risk of heat-related illnesses
- Ensure that all employees receive proper information on heat illness prevention

HEAT RELATED ILLNESS

HOW TO PREVENT HEAT RELATED ILLNESS

STAY **COOL** — STAY **HYDRATED** — STAY **INFORMED**

HEAT STROKE

WHAT TO LOOK FOR
- Confusion
- Fainting
- Body temp over 104°F
- Hot, dry skin
- Nausea
- Rapid heartbeat
- Quick, shallow breathing

WHAT TO DO
- Call 911 right away - heat stroke is a medical emergency.
- Move the person to a cool place.
- Cool the person with cold, wet cloths or a cool bath.
- Do not give the person anything to drink.

HEAT EXHAUSTION

WHAT TO LOOK FOR
- Heavy sweating
- Cold, pale, clammy skin
- Dizziness
- Weakness
- Headache
- Nausea or vomiting

WHAT TO DO
- Move the person to a cooler place.
- Loosen clothes.
- Cool the person with cold, wet cloths or a cool bath.
- Sip water.

Get medical help right away if the person is throwing up or if symptoms get worse or last more than 1 hour.

Order the following heat illness prevention posters from DTPrints:

- **Are You Hydrated**
- **Water Vs Energy Drinks**
- **Drink More Water**

CALL TO ACTION: Share this information with your people.

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HEAT STRESS RECOGNITION AND PREVENTION

Each year, more people in the United States die from extreme heat than from hurricanes, lightning, tornados, floods, and earthquakes combined. This course will discuss the effects of heat on your body, outline the risk factors for heat-related illnesses, and describe the associated treatments for each. This training will also explain several control measure techniques and safe work practices that you can use to prevent heat-related stresses.

NEW WAY TO ACCESS THE TRAINING MODULES

This month you will be accessing the course through DTU. Managers and Senior Assistant Managers will both access the course assignments (safety course and acknowledgements) from the *DTU learning system To Do list.*

Below you will see an example of how this assignment will look:
1. Log into the DTU learning system using your employee ID and Okta/Windows login. On the home page, click Finish Your Courses.
2. Click the name of the safety course you have been assigned.
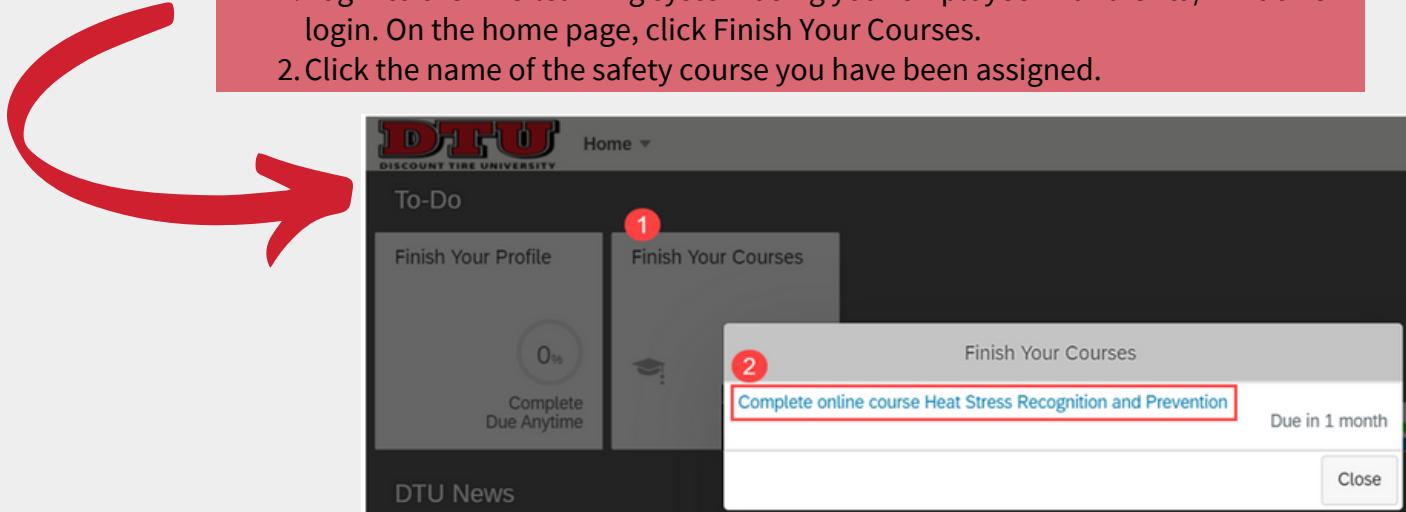
Call to action: Complete the Heat Stress Recognition and Prevention training module and share what you learned with your people.

Contact **dtu_learning@discounttire.com** for troubleshooting.

FEEDBACK
ON THIS MONTH'S TOPIC

1. What did you learn from the Heat Stress Recognition and Prevention training module?

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