



PO Box 14663
 Grand Forks, ND 58208-4663
 www.nosha.net ♦ info@nosha.net

NOSHA News

June 2014

General Membership Meeting

Wednesday, June 18th @ the VFW, 312 DeMers Ave, East Grand Forks, MN 56721

Our topic will be "Understanding Generation Y" presented by Galen Cariveau, Cariveau Workforce Services

Heat Illness Awareness

As we head into summer, it's important to be aware of the dangers presented by spending extended periods of time in the sun and heat. Whether you're working on a construction crew or vacationing at the lake, please take note of the signs and symptoms of heat illness as well as First Aid measures.

Heat exhaustion is an illness that can occur after you've been exposed to high temperatures for several days and have become dehydrated. There are two types of heat exhaustion:

Water depletion: Signs include excessive thirst, weakness, headache and loss of consciousness.

Salt depletion: Signs include nausea and vomiting, frequent muscle cramps and dizziness.

Although heat exhaustion isn't as serious as **heat stroke**, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

Symptoms of **Heat Exhaustion:**

Confusion, dark-colored urine (a sign of dehydration), dizziness, fainting, fatigue, headache, muscle cramps, nausea pale skin, profuse sweating and rapid heartbeat.

Heat stroke is a form of hyperthermia or abnormally elevated body temperature with accompanying physical and neurological symptoms. Unlike heat exhaustion, heat stroke is a true medical emergency that can be fatal if not properly and promptly treated.

Your body normally generates heat as a result of metabolism, but is able to dissipate that heat through either radiation of heat through the skin or by the evaporation of sweat. Under certain heat and sun conditions, the body may not be able to keep up with the heat being generated. The result is an elevated body temperature, sometimes up to 106 F. Another cause is dehydration, in which the body cannot sweat fast enough to dissipate the heat.

Symptoms of **Heat Stroke:**

Symptoms can mimic those of a heart attack. In some cases a person experiences symptoms of heat exhaustion before progressing to heat stroke. Symptoms include high body temperature, the absence of sweating, hot red or flushed dry skin, rapid pulse, difficulty breathing, strange behavior, hallucinations, confusion, agitation, disorientation, seizure and coma.

Article continued on Page 2

Announcements

2014 NOSHA Member Appreciation Picnic

Date: Wednesday July 16th
 Time: 6 pm to 8 pm
 Location: Riverside Park Pavilion

RSVP to info@nosha.net by Monday July 14th with your number of attendees and food choice (steak, chicken or hot dog).

More details on Page 2

Welcome Future NOSHA Member!

Congratulations to NOSHA Board Member Sally Miskavige and her husband Jeremy on the birth of their first child!

**Amelia "Mila" Marie
 Born May 27
 8 lbs 9 oz
 21 inches long**

Both mom and baby are home and doing great!

Member of the Month





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Heat Illness Awareness (continued from Page 1)

Treatment

Heat exhaustion – Get the person out of the heat and allow them to rest either in an air-conditioned or cool and shady space. Give them plenty of fluid such as water or sports drinks; remove any tight or unnecessary clothing; have them take a cool shower; bath or sponge bath; apply other cooling measures such as fans or ice towels. If treatment fails to provide relief within 30 minutes, seek medical treatment.

Heat stroke – Immediately call 911 or transport the person to the nearest hospital. Any delay seeking medical help can be fatal. While waiting for paramedics, initiate first aid. Move the person to an air-conditioned or cool and shady environment and remove any unnecessary clothing. You can use the same measures as you would to treat heat exhaustion to cool the person's body temp. You can also try fanning air over the patient while wetting their skin with water from a sponge or garden hose; applying ice packs to the armpits, groin, neck and back; immersing the person in a shower or tub of cool water or an ice bath.

2014 NOSHA Member Appreciation Picnic

NOSHA will hold its annual Member Appreciation Picnic on Wednesday, July 16th from 6-8 pm. We invite you to bring your family or co-workers to the Riverside Park Pavilion for a good meal and a chance to mingle with your fellow NOSHA members in a casual environment.

RSVP to info@nosha.net by Monday July 14th with your number of attendees and food choice (steak, chicken or hot dog).

***There will be no July General Membership Meeting

General Membership Meeting Venue Change

We are still looking for the right venue to hold our monthly general membership meetings.

This month's meeting will be held on Wednesday, June 18th at the VFW in East Grand Forks. We are trying to find the perfect combination of space, service, parking and food quality.

NOSHA encourages and appreciates feedback from any and all members regarding meeting locations. Your input will help us to choose the ideal location.

Feel free to send your opinion to info@nosha.net

BOARD MEETING

Board members meet the first Thursday of the month – 6:00-8:00 pm

NEXT MEETING July 10th

2014 BOARD MEMBERS

Dan Mankie (President)
Cirrus Aircraft

Eric Pearson (Vice-President)
CHS (Cenex Transportation)

Callie Wagner (Treasurer)
Minnkota Power Cooperative

Cindy Holweger (Secretary)
Development Homes

Joe Strang
Valley Dairy Car Wash

Carol Gierszewski
Gierszewski Enterprises

Lyle Ross
Vigen Construction

Dave Opp
Opp Construction

Sally Miskavige
Opp Construction

Tony Vigness
Black Gold Farms

COMMITTEES

Communication Committee

(Tony Vigness)

Visit us at www.nosha.net for the latest updates and announcements!

Education Committee

(Lyle Ross, Tony Vigness)

Upcoming GM Meeting Presentations

June: Galen Cariveau, Cariveau Workforce Services

"Understanding Generation Y"

July: 2014 NOSHA Membership Appreciation Picnic, Riverside Park Pavilion—No GM Meeting

Membership Committee

(Dave Opp, Eric Pearson)

NOSHA News Editor

(Tony Vigness)

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals, and ideas to promote workplace safety.