

July 2024

# BENCO NEWSLETTER

A Newsletter for Benco Staff



## Summer Survival Guide: Cool Hacks to Beat the Heat

As temperatures soar this July, with the first week's forecast rising to over 100°F, it's essential to review your heat emergency protocols to ensure everyone's safety and comfort.

### Indoor Temperature Control

Maintaining a cool indoor environment is crucial. The indoor air temperature should not exceed 85°F. Use ventilation, fans, or air conditioning to keep spaces comfortable and safe.

### Hydration is Key

Staying hydrated is vital in high temperatures. Encourage employees and individuals to drink plenty of fluids, aiming for up to 32 ounces of water per hour. Proper hydration helps prevent heat-related illnesses and maintains overall well-being.

### Rest and Recovery

When the heat index outside reaches 90°F or higher, it's important to schedule frequent rest periods with water breaks. Encourage everyone to take these breaks in a cool, shaded area to avoid overheating.

### Monitor for Heat-Related Illnesses

Be vigilant for signs of heat-related illnesses, such as heat rash, heat exhaustion, heat stroke, and dehydration. Early detection and intervention can prevent serious health issues.

## Here are some symptoms to watch for:

### Heat Rash:

Red clusters of pimples or small blisters, usually on the neck, chest, groin, or elbow creases.

### Heat Exhaustion:

Heavy sweating, weakness, cold, pale, and clammy skin, fast or weak pulse, nausea or vomiting, muscle cramps, tiredness or weakness, dizziness, headache, fainting.

### Heat Stroke:

High body temperature (103°F or higher), hot, red, dry, or damp skin, fast, strong pulse, confusion, fainting, or unconsciousness.

### Dehydration:

Thirst, dry mouth, dark yellow urine, dizziness, tiredness, dry skin, headache.

### Take Action:

In case of heat-related illnesses, take immediate action:

For Heat Rash: Keep the affected area dry and cool.

For Heat Exhaustion: Move to a cooler place, lie down, loosen clothing, apply cool, wet cloths to the body, sip water. If symptoms persist, seek medical attention.

For Heat Stroke: Call 911 immediately.

Move the person to a cooler environment, use cool cloths or a cool bath to lower the temperature. Do not give the person anything to drink.

By staying informed and prepared, we can ensure a safe and enjoyable summer for everyone. Let's beat the heat together!

# Ideas to keep cool:

## **Be sun smart**

Wear a hat, frequently apply sunscreen, take regular breaks in the shade or inside, and wear light, loose-fitting clothing.

## **Wetter is better**

Have plenty of liquids and fluid rich foods available such as flavored waters, grapes, watermelon, and ice based popcycles (sugar and caffeine can lead to dehydration).

Freeze water bottles to use for cooling. Drenching a t-shirt and keeping it wet can be very effective.

Buy cooling spray.

Having a cool shower - not freezing as you should cool down slowly.

You can quickly cool yourself down by putting your hands and feet in cold water. Wrists and ankles have lots of pulse points where blood vessels are close to the skin, so you will cool down more quickly.

## **Cool Breeze Hack**

Put a bowl of ice in front of your fan. This uber-easy trick is the very best of the DIY air conditioners: just toss a bunch of ice cubes into a metal bowl (or freeze some water straight into the bowl), and set it in front of a running fan. Tilt your fan or the bowl in such a way as to get air flowing directly onto the icy surface, cooling down the blowing air. You'll feel the effect immediately. Remember to refill your ice trays right away to be ready for the next load.

Ideas continued...

## **Chill Your Skincare**

Keep your moisturizers in the fridge

Imagine rubbing cold moisturizer on your forehead — or your feet — in the middle of a hot day. What a relief! For a doubly cooling experience, try this with a tube of aloe vera.

## **Crafting Your Own Cool Headgear**

Buy or build an ice-pack hat. Strapping a cold compress to your head can work wonders in the blistering heat, especially if you're prone to headaches. You can buy or build your own ice-pack hat, to varying degrees of effectiveness and cost.

For a cheap chill, throw a couple of wet dish towels in the freezer (coil each of them into a "C" beforehand to fit your head when frozen) or pick up two malleable ice-packs from the dollar store. There are specifically designed icy-headbands available online for purchase as well.

# *Summer Picnic Agenda*

Be our guest: the Admin staff is excited to celebrate our Sun-Sational Benco employees.

Picnic starts at 12

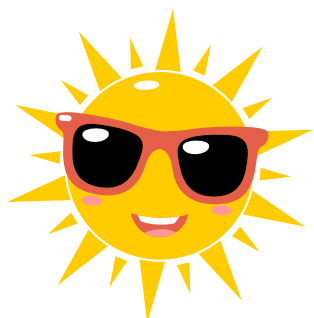
Pie Eating contest 12:15

Trivia contest opens at 12:30 with new trivia sheets/contest every half hour

Musical Chairs 1:15

Water balloon contest 2:15

Lawn games, photo booth, and other fun activities for employees and their family.



**Adair County Park**  
**7295 NE Arnold Ave,**  
**Corvallis, OR 97330**



# July Dates to Remember

HAPPY

BIRTHDAY

July 11Th  
Kevin C.  
Robert H.  
July 12  
Jodi H.  
July 13  
Antonio C.  
July 15  
Hailie L.  
July 18  
Kaitlyn D.  
July 19  
Tylor S.  
July 26  
Jim V.  
July 30  
Naomi S.

## Welcome New Staff!

Jason C.  
Jaden G.

*Happy Anniversary*

1 year Benco-versary  
Marcus A.  
Tyler J.  
Greg L.  
Sarah L.  
Peyton M.

2 Year Benco-versary  
Cameron B.  
Michael R.

5 year Benco-versary  
Alberto B.  
Justin B.

## Congratulations!

Employee of the Month  
May: Nia D.

Don't forget:

The program with the most staff attending the Summer Picnic gets a pie party!