

## Keep cool as you refuel!

Try light, healthy pre- and post-workout snacks that can also help you stay cool, such as:

- Chilled or frozen fruit
- Homemade popsicles made from 100 percent fruit juice
- Fruit smoothies
- Cold salads loaded with vegetables, beans, legumes and heart-healthy fish like albacore tuna or salmon
- Crisp, chilled raw veggies like cucumber, carrot or celery with a light, cool dip
- Cold sparkling water with a splash of 100% fruit juice or slices of citrus or cucumber

Source: heart.org



## Men's Health Month

**Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

**Learn more at [www.menshealthmonth.org](http://www.menshealthmonth.org)**



## BEAT THE HEAT

While most of the times you'll only experience little to no effect from being out in the sun and the heat, there may be circumstances where you'll need help. Here is a situation to look out for:

### Heat cramps

Dehydration can cause heat cramps, which are painful muscle spasms — usually in the legs and abdomen. Try to massage the muscle and start slowly consuming more liquid. If the person feels sick to his or her stomach or vomits, phone a medical provider immediately.

Source: foh.hhs.gov



## June is...

## National Safety Month



**According to the American Heart Association, more than 300,000 sudden cardiac arrests (SCA) occur annually in the United States and, according to OSHA, about 10,000 occur at work.**

Here is a tip to maximize your AED program's effectiveness:

- **AED placement:** OSHA offers a list of optimal places to consider when installing an AED:
  - Areas that allow response within three to five minutes
  - Areas where people work closely together, such as assembly lines and office buildings
  - Areas close to a confined space
  - Areas where electric-powered devices are used
  - Outdoor worksites where lightning may occur
  - Health units where workers may seek treatment for heart attack symptoms
  - Company fitness units and cafeterias
  - Remote sites, such as off-shore drilling rigs, construction projects and power transmission lines

Source: nsc.org

**For more tips on AEDs in the workplace, visit <http://www.safetyandhealthmagazine.com/articles/12682-aeds-in-the-workplace>**