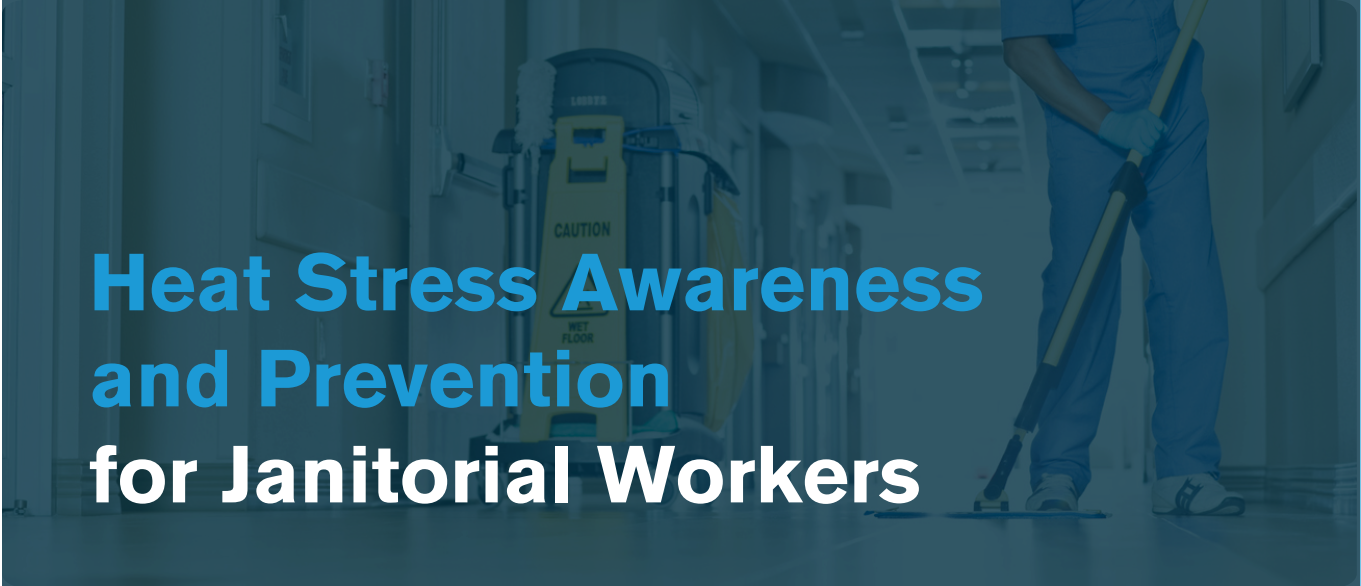




A monthly newsletter from A&A Elevated Facility Solutions

A background image for the main title showing a janitorial worker in blue scrubs and gloves using a floor buffer in a hallway. A yellow caution sign with 'CAUTION' and 'WET FLOOR' is visible in the background.

# Heat Stress Awareness and Prevention for Janitorial Workers

## Heat Stress Awareness and Prevention for Janitorial Workers

As we move into the warmer months, it's important to recognize and prepare for the dangers of heat stress. Whether working outdoors or inside hot environments like boiler rooms, janitorial workers are at increased risk of heat-related illnesses.

This month's Safety Lately focuses on how to stay cool, safe, and compliant with OSHA standards and CIMS Certification requirements.

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**WHAT IS HEAT STRESS?**

Heat stress occurs when the body is unable to properly cool itself due to prolonged exposure to high temperatures, especially when combined with high humidity and physical exertion. As the body's core temperature rises, it struggles to regulate itself through sweating and circulation.

When these systems are overwhelmed, it can result in various heat-related conditions, ranging from mild discomfort to life-threatening emergencies.

**COMMON CONDITIONS INCLUDE:**

- Heat Rash
- Heat Cramps
- Heat Exhaustion
- Heat Stroke (life-threatening)

**SYMPTOMS TO WATCH FOR:**

- Dizziness or lightheadedness
- Headache
- Fatigue
- Nausea or vomiting
- Rapid heartbeat
- Confusion
- Hot, dry skin or excessive sweating

**WHAT TO DO IN AN EMERGENCY:**

1. Call 911 immediately.
2. Move the person to a cooler area.
3. Remove outer clothing.
4. Apply cool water to the skin and use a fan to lower body temperature.
5. Do not give fluids if the person is unconscious.

**PREVENTION TIPS:**

1. **Hydrate Often:** Drink small amounts of water every 15–20 minutes.
2. **Take Breaks:** Use shaded or air-conditioned areas when possible.
3. **Wear Lightweight PPE:** Use breathable fabrics and remove unnecessary layers when safe.
4. **Use Fans Or Ventilation:** Improve airflow in enclosed hot areas.
5. **Adjust Work Hours:** Schedule heavy tasks during cooler parts of the day when possible.
6. **Work In Pairs:** Use the buddy system to monitor for symptoms of heat illness.

**OSHA Compliance and CIMS Alignment:**

OSHA requires employers to take steps to prevent heat-related illness under the General Duty Clause. CIMS Certification also emphasizes protecting employee health and ensuring safety training is documented. Supervisors must:

- Provide training on recognizing and preventing heat stress.
- Monitor employee hydration and breaks.
- Maintain records of heat safety briefings and incidents.

**LET'S KEEP COOL AND STAY SAFE!**

Your health is our priority. This summer, take extra care, look out for each other, and speak up if you feel overheated or see signs of heat illness. Your safety matters!

For questions or to report a heat-related concern, contact your supervisor or the Safety Department.

## How to Maintain Muscle Mass While Losing Weight

Preserving muscle mass is key to weight loss, whether through dietary changes, physical activity, or weight-loss medications. When the body is taking in fewer calories (deficit), it can breakdown muscle for energy if not taken precautions.

### WHY MUSCLE MATTERS?

Good muscle mass protects the body by increasing strength, improves bone density, reduces the risks of chronic diseases, and increases metabolism. Better yet, muscle aids in long-term weight loss and maintenance.

### HOW TO MAINTAIN MUSCLE DURING WEIGHT LOSS?

- Consume a balanced diet including protein, whole grains, fruits, legumes, nuts/seeds & vegetables. A balanced plate is 25% protein, 25% grains/starchy vegetables and 50% non-starchy vegetables/fruits.
- Protein protects muscle and helps aid muscle formation, aim to consume 20-30 grams of protein at each meal.
- Have 1-2 high protein snacks daily. While trying to lose weight aim for low calories but high protein snack options. For example: cottage cheese with fruit, a handful of nuts with dried fruit, protein shake or hard-boiled egg with 1 slice whole grain toast.
- Strength training is key (Use Muscle= Keep Muscle), keep utilizing muscles through strength training to maintain muscular strength during weight loss & beyond! Don't have a gym or equipment? No need! Body weight resistant exercises such as push-ups, lunges, planks and sit-ups are excellent at utilizing muscular strength.

### SEASONAL ALLERGIES & NUTRITION

Seasonal allergy season has begun, here is why you should be reaching for vitamin C rich foods! Vitamin C helps the body slow down its environmental trigger to seasonal allergies by decreasing histamine production. Oranges, kiwi, lemon, bell peppers, strawberries, tomatoes, broccoli and potatoes are excellent vitamin C rich foods!

