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ASA MEMBER OF
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Temp News

Summer Safety Tips

Sources: Mayo Clinic
Cleveland Clinic

Workplace safety is important throughout the year. Living and working in the Midwest, we can't help but be aware of how the heat of the summer can add to why we need to be mindful of our health and safety. There are a number of heat related issues and injuries that can sneak up on us while working and/or spending time outdoors during the summer.

Heat related illnesses are generally categorized as either mild or severe. For example, heat rash and heat cramps are categorized as mild illnesses. Heat rash is a stinging skin irritation that can turn the skin red. Heat cramps can result in painful spasms in your muscles.

Heat exhaustion and heat stroke are categorized as more severe illnesses. Heat exhaustion is caused by too few fluids and long hours in high temperatures and can result in heavy sweating, a fast/weak pulse and rapid breathing. Heat stroke can be more serious and can be life-threatening.

There are a number of signs and symptoms to a heat stroke including: core body temperature of 104 degrees or higher, altered mental state or behavior, alteration in sweating, nausea/vomiting, flushed skin, rapid breathing, racing heart rate and headache.

As with most any illness, prevention is key to staving off heat related illnesses. There are many, common sense steps we can take to protect ourselves and prevent heat related illnesses.

☀️ Wear loose-fitting, lightweight clothing to allow your body to cool properly.



☀️ Protect against sunburn by wearing a wide-brimmed hat, sunglasses and sunscreen.



☀️ Drink plenty of fluids and avoid alcohol which can affect the body's ability to regulate your temperature and acts as a diuretic.

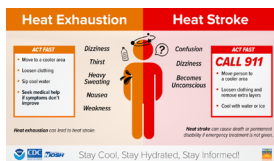


☀️ Be extra cautious if you have increased risk factors (over 65 years of age, take medication that affects your body's ability to stay hydrated and respond to heat, have a chronic illness such as heart or lung disease, being obese, sedentary and/or have a history of previous heat stroke).



Fortunately, most heat illnesses are temporary conditions and preventable. Familiarize yourself with the symptoms of heat illnesses to keep yourself, your friends and your family safe in hot and humid weather.

Consult a medical professional if you have questions about any heat-related symptoms.



A Picture Is Worth a Thousand Words

It has been a busy, eventful Spring for C&S Employment Solutions! Besides working hard at connecting employees with employers, C&S remains actively involved in the betterment of the community in a variety of ways.

A few of the most recent examples of how C&S Employment Solutions supports job seekers, businesses and those in the community are illustrated below.



Row 1: [L] Landon Thomas was named C&S Employee of the Quarter; [M] C&S Childcare Partner in Education; [R] 2024 Zonta Yellow Rose Luncheon sponsorship
 Row 2: [L] C&S Childcare Partner in Education; [M] C&S sponsorship at Disciple's concert; [R] Permanent placement for Jessica Vaughan
 Row 3: [L] Teacher appreciation at East Elementary School with JC East Side Business Association; [M] Chamber of Commerce City/County luncheon; [R] Chamber of Commerce BBQ sponsorship
 Row 4: [L] C&S Partner in Education--Adult Education & Literacy graduation sponsorship; [M] C&S presents at United Way Agency Leaders Retreat; [R] Serve JC community clean up

C&S Employment SOLUTIONS

JULY

What's happening in July:

July 4 -- Independence Day
(C&S closed)

July 5 -- C&S closed

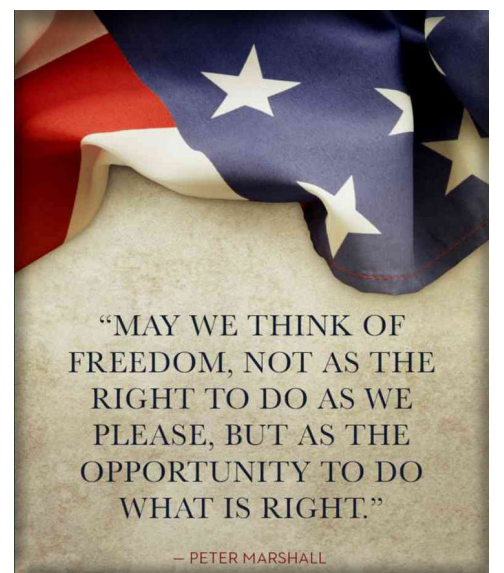


C&S Employment SOLUTIONS

Permanent Placements

The following employees were recently offered and accepted permanent employment at their assignments. C&S would like to congratulate and thank each of these individuals for their hard work and dedication!

**Wilbur Durrett
Kyla Mitchell
Jeremy Stahl**



"MAY WE THINK OF FREEDOM, NOT AS THE RIGHT TO DO AS WE PLEASE, BUT AS THE OPPORTUNITY TO DO WHAT IS RIGHT."

— PETER MARSHALL