

5 surprising facts about high blood pressure

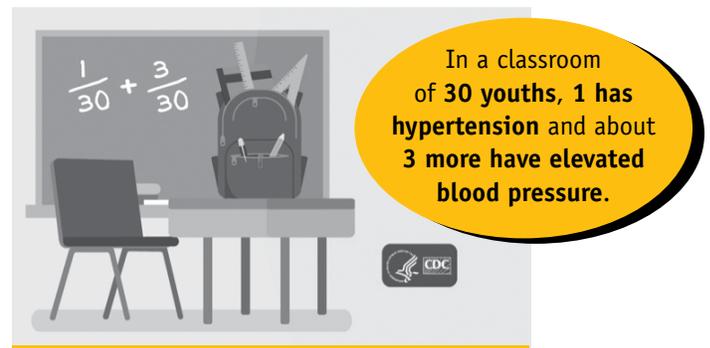
Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable. To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it's too high. Here are some important facts to know about high blood pressure:

1. **High blood pressure may be linked to dementia.** Recent studies show that high blood pressure is linked to a higher risk of dementia, which is a loss of cognitive function.



Timing seems to matter: Some evidence suggests that having uncontrolled high blood pressure during midlife (ages 45 to 65) creates a higher risk for dementia later in life.

2. **Young people can have high blood pressure, too.** About one in four men and nearly one in five women ages 35 to 44 has high blood pressure. High blood pressure is a leading cause of stroke, a condition that's on the rise among younger people. Experts think the increased risk for stroke among young adults is a direct result of the rising rates of obesity, high blood pressure and diabetes.
3. **High blood pressure usually doesn't have any symptoms and is known as the "silent killer."** Most people with high blood pressure don't have any symptoms, such as sweating or headaches. Because many people feel fine, they don't think they need to get their blood pressure checked. Even if there are no symptoms, talk to a doctor about possible risk.
4. **Many people who have high blood pressure don't know it.** About 11 million U.S. adults with high blood pressure aren't even aware they have it and aren't receiving treatment to control it. Find out what your blood pressure numbers mean and whether they're too high. If you're diagnosed, stick to your treatment plan and follow your provider's advice.



5. **Women and minorities face unique risks when it comes to high blood pressure.** Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than are those with normal blood pressure. High blood pressure can harm a mother's kidneys and other organs, and it can cause low birth weight and early delivery. Certain types of birth control also can raise a woman's risk for high blood pressure.

African American men and women have higher rates of high blood pressure when compared to other races or ethnic groups. African Americans are also more likely to be hospitalized for high blood pressure.

Living a healthy lifestyle can help keep your blood pressure in a good range and lower your risk for heart disease and stroke. A healthy lifestyle includes:

- Eating a healthful diet
- Maintaining a healthy weight
- Getting enough physical activity
- Not smoking
- Limiting alcohol use

For additional information on high blood pressure, talk with your doctor and visit the following sites:

<https://www.cdc.gov/bloodpressure/>
<https://www.heart.org/en/health-topics/high-blood-pressure>

Source: CDC



Keep your cool with evaporative cooling garments

Lyn Poll, M.S., SIA Prevention Services

You don't have to be sweatin' to the oldies to generate heat. Unconscious actions such as breathing, breaking down food for energy and rebuilding our bodies all generate heat, which is essential to maintaining our normal body core temperature of 98.6 degrees.

However, heat is not always our friend. Overheating can lead to serious heat-related illnesses, such as heat rash, heat cramps, heat exhaustion and heat stroke. This is especially true for those of us who work in warm/hot outdoor and indoor environments. In these situations, we need a way to shed the excess heat.

The body is constantly producing heat and then dispersing it through various processes. One such process is evaporation, which is when a liquid changes to a gas or a vapor. When conditions are hot, the body responds by perspiring or sweating through the pores of the skin, creating a dehydrating effect. The sweat evaporating from the skin creates a natural cooling effect. When sweating is not enough to cool the body, other measures need to come into play to help protect against heat-related illnesses. In short, sometimes we need more help.

Overheating can lead to serious heat-related illnesses, such as heat rash, heat cramps, heat exhaustion and heatstroke.

Supplemental evaporative cooling garments or accessories can provide enhanced cooling effects. Like sweat, evaporative clothing draws heat from the body. When used with other strategies, such as shade, cooling stations, adequate hydration, sun-protective garments and training, these items can help us keep our cool as well as provide an extra margin of safety.

While any damp rag or cloth can provide some relief, fabrics that can hold moisture for extended periods of time will provide more effective results in hot environments. Evaporative cooling products are designed to hold moisture close to the skin while drawing heat away from the body as the moisture evaporates.

Cooling garments come in many different materials to accommodate individual needs. Acrylic polymer crystals are one example. Activated by soaking in ice water for two to five minutes, these super-absorbent beads hold water and then release it slowly, allowing the water to evaporate instead of run down the skin. Because the beads are not part of the fabric, they must be designed into pockets or compartments of the garment. These crystals are the components of proven cooling technology that works up to four hours and is often available at a lower initial cost.

Polyvinyl acetate (PVA) is a synthetic fiber that forms the fabric of the accessory or garment. A bit stiff when completely dry, these thick fabrics soften immediately when dipped into cool water, becoming cool and comfortable to

wear. PVA products are generally machine washable.

Microfibers have a more traditional fabric feel and are activated with a quick soak and light wringing of excess water. Due to the soft fabric, microfibers are more comfortable, wick away moisture, and some come with UV protection, which means they can help reduce skin damage from the sun. Cooling products made with microfibers tend to be thinner and hold less water, and therefore provide less cooling time (about two hours), but can offer both sun protection and heat absorption.

In order for cooling garments to be effective, they must be worn and activated properly. If evaporative clothing and accessories are not comfortable, don't fit properly or aren't compatible with workplace and task demands, then they won't be worn or used.

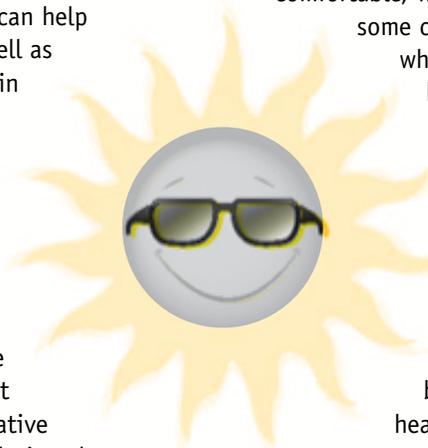
A variety of types, styles and sizes are available to suit individual tasks and personal preferences. Some examples of cooling garments are:

Hats: Dual purpose. Provide sun protection and a cooling effect.

Headbands: Another option to cool the head. They're lightweight and easy to carry.

Towels or neck shades: Provide direct cooling to the skin and blood vessels near the surface of the neck, creating a sensory effect throughout the body.

Vests: Cover a large portion of the torso and can provide a significant amount of cooling in hot environments.



Mother Lode Union challenge •
Include safety in summer prep •



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Challenge participants included Sheri Tappan, Joni Campos, Cindy Whited, Bobbi Lujan and Karen Robertson.

Mother Lode Union SD completes a walking challenge 'walk'

The staff of Mother Lode Union School District recently completed a walk across the country - while never leaving El Dorado County. Each week, 30 to 35 staffers logged their activity time and moved along a virtual map as they had a great time celebrating good health.

The program was organized by Joni Campos and open to all district staff. Each week participants had to submit their activity information. Every 20 minutes of activity earned one mile, and for every three miles, they received a raffle ticket. There was an extra challenge each week to earn an extra raffle ticket. Extra challenges included drinking 64 ounces of water five out of the seven days, and another week the challenge was to tell three different co-workers why they're appreciated. The challenge lasted for eight weeks.

The initial plan was to walk across California, but the participants were so motivated that they met their goal by week two! They then decided to move east along the map and finished the challenge in York, Alabama. Each week Joni gave an update of the minutes, steps and miles completed, for a final total of 3,144 miles. Raffle prizes also were awarded, which included water bottles, activity trackers, single-serve blenders and more.

Congratulations to Mother Lode for a successful and fun event!

Think safety when readying your school for summer

As the summer months approach, school site staff begin to prepare their campuses for closure. But in the rush to get everything done, working safely might not be a focus. Every year, school employees experience injuries that easily could have been prevented. Don't let your summer plans be hindered by an unnecessary injury.

- **Use a proper ladder or stepladder.** Stop using chairs, desks, shelves, crates and other items as makeshift ladders.
- **Be aware of your surroundings and stay focused on your route of travel.** Don't carry boxes or other materials that block your view. Don't take shortcuts through planters or over uneven ground.
- **Ask for assistance when lifting or moving heavy objects.** Use a hand truck.
- **Store heavy items in lower cabinets and shelves.** Don't store too many items on high shelves so that when you return in the fall, things will be safer to retrieve.
- **Use proper lifting techniques:**
 - Look at the load and size it up.
 - Bend your knees and squat as close to the load as possible.
 - Get a good grip; tighten your stomach muscles.
 - Lift the load using your thigh muscles; keep your back straight.
 - Hold the load close to your body while you carry it.



Keep these recommendations in mind when you return in the fall!

A better response to criticism

When someone offers unwarranted criticism, try not to react emotionally. Instead, focus on understanding the reasons behind the person's complaints. Ask questions to ensure that you fully understand



(continued on page 4)



wellness & safety



- WeTip works
- Quote to Note

Use WeTip

For more information
contact Teresa Franco
at tfranco@sia-jpa.org or
916-364-1281, ext. 1256.



1-800-78-CRIME

StopIT!

For additional information
on starting this program in
your schools
contact Rick Jenkins
at rjenkins@sia-jpa.org.

Quote to Note



"Turn your face
to the sun and
the shadows fall
behind you."
– Maori proverb

Keep your cool (continued from page 2)



In the end, cooling garments are an easy, effective and, depending on choice of garment, inexpensive way to help you "keep your cool" while working in hot or dry conditions. You can't control Mother Nature in the summertime, but with the right choice of clothing you can substantially manage your comfort level.

References:

Drying to Be Cool: How Evaporative Technology Works www.ergodyne.com

Heat Stress: <https://www.cdc.gov/niosh/topics/heatstress/>

The Science Behind Sweating: <https://theaggie.org/2013/11/07/the-science-behind-sweating/>

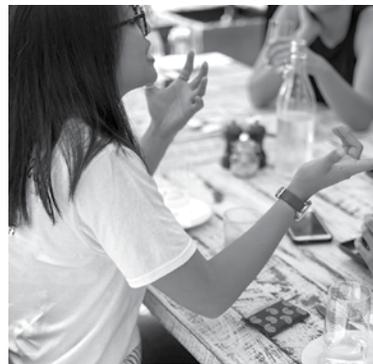


Interested in educating your employees on how to keep "cool" on the job? Contact SIA today at www.sia-jpa.org/loss-prevention/workshops-and-presentations to request a Heat Illness Prevention Presentation.

We also have tools and resources to help you educate your staff on heat illness prevention. Visit our website at www.sia-jpa.org/resources/training-toolbox.



Criticism (continued from page 3)



what the person is asking you to correct, then respond by saying, "Thanks for bringing this to my attention."

Later, when you're calmer and you've had a chance to process the person's feedback, determine if the comments have any merit and decide what changes you might need to make.

Source: Communication Briefings

The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP).

Keep a copy of this newsletter in your IIPP binder and be sure all employees receive a copy.