

EXPERIENCING A TRAUMATIC EVENT:

RECOVERY & COPING STRATEGIES

Most of us will experience a significant traumatic event at some time in our lives. The death of a family member or significant other, divorce, loss of job, personal injury, etc. In light of the recent accident north of Tisdale, Saskatchewan, you may be experiencing various levels of reactions. If you are:

- Pay more attention to your feelings and reactions than the event itself.
- Try to reduce other sources of stress in your life.
- Take the time to talk about your reactions with someone close to you.
- Get some physical exercise - try to stay active.
- Find something that will help distract you from thoughts about the traumatic event (hobbies, routine chores, relax, be with friends, etc.).
- Take time to rest.

If you feel you need professional advice, seek the counsel of your doctor or contact a representative from Homewood Health and the Employee Family Assistance Program (1-800-663-1142). <https://homeweb.ca/>



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HEAT STRESS

As we move into spring and summer, outside temperatures **should** start to rise, increasing workers risk of heat stress.

If the body is unable to cool itself, a worker can experience heat stress.

The body gains heat in two ways,

1. From Activity: The amount of heat generated depends on the workload.
2. From the Environment: Depends on the surrounding air temperature, amount of air movement and any radiant heat.

Heat is removed from the body by,

- Increasing blood pressure allowing the bloodstream to take excess heat to the surface of the body to be cooled by air, if cooler than the skin.
- Signaling the brain to encourage the body to sweat. Sweating cools the body as sweat evaporates off the skin.

Key tips to prevent heat stress:

- Learn to recognize symptoms (shallow breathing, cool, pale, clammy, muscle cramps, etc.).
- Acclimatize your body (gradually expose yourself to working in heat).
- Drink plenty of water—avoid caffeine, alcohol and other de-hydrating substances.
- Take rest breaks in cool or well-ventilated areas.
- Schedule work to minimize heat exposure. For example, do the hardest physical work during the coolest part of the day.

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