

Clampco Clips May 2018



The Safety Corner

Preventing Dehydration in the Workplace

Facts About Dehydration: Most heat illnesses are caused by dehydration. A person can sweat about a liter an hour doing heavy work. Most workers exposed to hot conditions drink less fluid than needed because their thirst response is insufficient and lags behind the actual level of dehydration. By the time a person is thirsty, he or she is already two to three percent dehydrated. Once this occurs, it's difficult to make up for the lost hydration. Symptoms That Require Emergency Care (even if only one symptom is present) Include: Altered behavior, such as severe anxiety, confusion, or not being able to stay awake. Faintness that is not relieved by lying down, or light headedness that continues after standing for 2 minutes. Weak, rapid pulse. Cold, clammy skin or hot, dry skin. Little or no urination. Loss of consciousness. Good Indicator of Dehydration – Urine Color -The darker the color of urine, the more dehydrated the person is. Normal colored urine is pale yellow. The urine of a person who is a bit dehydrated is bright yellow. The person should drink at least a cup of water or two. The urine of a person who is very dehydrated is orange. The person should drink at least a liter of water or more. Prevention of Dehydration: Instead of depending on thirst, workers should drink cool water, 5 to 7 ounces, every 15 to 20 minutes. Drink 8 to 10 glasses of water each day. Sports drinks (Gatorade or Powerade) are also good rehydration choices. Do not consume caffeinated drinks, such as coffee and colas. They increase urine output and make you dehydrate faster. Do not consume alcoholic beverages. They only increase dehydration and make it difficult to make good decisions. Stop working outdoors or in the heat at the first sign of dizziness, lightheadedness, or fatigue. Wear one layer of light-weight, light-colored clothing when you are working or exercising outdoors. Replace sweat-saturated clothing with dry clothing as soon as you can. 1 Drink before, during and after physical labor to replace body fluid lost through perspiration. 1 Anticipate conditions that will increase the need for water, including high temperature, humidity, wearing of protective clothing and difficulty of work. Arrowhead Medical Center 226 Bluebell Road, Cedar Falls, IA Phone 319.575.5600 | www.wfhocmed.com

– Matt Olszewski, Safety Director

A Note from the desk of: Fred Fagan, Quality Systems Manager

Coming up next month, from June 12th – 14th, we are having our ISO 9001:2015 audit.

I have been through many audits in my career. They tend to be nerve racking and can make employees nervous when an auditor approaches them. Just remember that we hire this 3rd party Auditor to come into our facility and audit our Management System and Processes to make sure we are doing what we say we do. They are here to help us and not hurt us. Look at this as an opportunity to make ourselves better at what we do.

To move forward and grow in business we must pass these audits to show our customers that we are the leaders and experts at producing clamps. As far as I have seen for the 7 months that I have been here, we are really good at what we say we do - following our Work Instructions and Work Orders to create quality products. So, keep up the good work and if you happen to be one of the employees the Auditor picks to audit, just be ready to show them how you do your job. Be mindful of your work area. Keep it clean, organized and safe so we will pass this audit and future audits with flying colors.

Just a reminder that our Business Improvement Policy (which the Auditor may refer to as our Quality Policy or Mission Statement) is posted throughout the plant and summarized in our P.I.T.T. Card. The auditor may ask if you know what our policy is and how your job relates to the policy, so if needed, feel free to use your P.I.T.T. Card to answer this question. The key points to remember are that we continually strive to identify & satisfy our Customer's needs, through ongoing training, and a spirit of teamwork. As for any other questions you may be asked, just answer them directly and to the best of your ability. Do not offer any additional information beyond the scope of the actual question, and if you don't know the answer to a specific question, please do not just guess. In such cases, simply inform the Auditor that you don't know, and offer to get your Supervisor to answer the question for him/her.



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**OFFICIAL
CREW
MEMBER**

P.I.T.T. CARD

- PROVIDE MAXIMUM VALUE
- IDENTIFY CUSTOMER NEEDS
- TRAIN CONTINUOUSLY
- TEAMWORK ALWAYS

WASTE

Safety Mission Statement

Clampco's safety-first inspired culture resonates throughout all Company functions, where an unselfish and integrity-driven commitment to internal awareness provides for job-specific training, necessary safety equipment, cleanly process organization, open communication, and zero lost-time injuries, all which directly impact employee wellness, productivity and superior brand quality.