



UFA Safety Message

An Official Communication
from the UFA Health and Safety Office

July 25, 2023



REMINDERS FROM THE HEALTH & SAFETY OFFICE

HEAT WAVE

Hydrate, Hydrate, Hydrate!

The scorching summer heat is upon us, and heat stress can pose a serious risk. Recognize its symptoms and take preventive measures. Symptoms of heat stress may include excessive sweating, dizziness, fatigue, headache, nausea, muscle cramps, and fainting. Members experiencing these signs and symptoms should take immediate action by seeking medical assistance.

**Stay hydrated:* Drink plenty of water before, during and after your tour. Avoid excessive caffeine or sugary drinks as they can further dehydrate you.

GEAR CLEANING

You do not need to wait for your scheduled cleaning.

Members are reminded to utilize the "SOC laundry" whenever needed. The service is not only for emergency decon cleaning but can be utilized by members as needed. If you need them to clean your gear, you can access the EDR-1 on the company iPad. The gear will be picked up and usually returned within 48 hours. Include your hood and gloves. If you have any questions, call 718-478-3150.

MISSING OF CONDEMNED GEAR

Do you have a complete 2nd set of bunker gear?

Contact Quartermaster (718-352-2363) to confirm the condemned gear is being replaced and the date of delivery. Missing gear requires a Lost and Stolen Report to be generated by the officer before missing gear can be replaced.

Fraternally,

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