

# Stay Safe and Avoid Injuries This Summer



National Safety Month is recognized every June as a time to bring awareness and education about the various ways to stay safe at home, the workplace and in your community. This June we're going to discuss ways to stay safe while working and enjoying the great outdoors this summer.

While working outside, always be aware of your surroundings and environment, particularly the temperature in the summer months. You can become dehydrated very quickly in hot temperatures which can result in heat-related conditions such as heat stroke, heat exhaustion, heat cramps and rashes. Whether you're working outside on the job or around your house, be sure to drink plenty of water. In warm climates, the Occupational Safety and Health

Administration (OSHA) recommends drinking about one liter of water over a one-hour period which equals about one cup every 15 minutes.

If you're not accustomed to working in the heat, be aware that your body needs time to acclimate to the warmer climate. OSHA states that between 50% to 70% of outdoor work fatalities occur in the first few days of working in warm and hot environments due to not being accustomed to the temperatures.

## Heat-Related Illness Symptoms

Heat stroke is a serious illness which occurs when your body no longer sweats, and your body temperature reaches dangerous levels.

Symptoms include slurred speech, confusion, chills, strong and rapid

pulse and dry, hot reddish skin. Symptoms of heat exhaustion may include excessive sweating, weakness, fatigue, dizziness or confusion, clammy skin, muscle cramps and a flushed complexion. To lower your risk of these illnesses, take frequent breaks in a shaded or air-conditioned area, consume adequate fluids, work in shorter shifts and learn to quickly identify symptoms of heat-related illnesses. Although everyone is at risk of being affected by the heat, those who are 65 or older, have high blood pressure or heart disease are at greater risk of developing heat-related illnesses.

"Overview: Working in Outdoor and Indoor Heat Environments," [osha.gov/heat-exposure](https://www.osha.gov/heat-exposure), accessed May 10, 2022.



## PROTECTING Our Planet

World Environment Day is the largest International Day of Celebration and advocacy for the environment. Taking place on June 5, it is an opportunity to take a closer look at environmental impact across the planet. This year is the 50th anniversary of this historic celebration, as the first United Nations Conference on the Human Environment took place in 1972. As we look to honor this important milestone, it is essential we reflect on the current realities of our world.

Every three seconds, Earth loses enough forest to cover a football field. Throughout the course of the last century, we have destroyed 50 percent of our wetlands. By 2050, as much as 90 percent of our coral reefs could be entirely lost. Despite recent efforts, global greenhouse gas emissions have grown for three consecutive years.

This year, World Environment Day focuses on the theme, "Reimagine. Recreate. Restore." True ecosystem restoration necessitates the prevention and reversal of environmental damage. The consequences of such neglect and harm are wide-reaching, but they are not final. A few days before World Environment Day, world leaders will meet in Sweden to discuss recent work in the field and formulate plans for the future.

As summer flourishes and the weather grows warmer, reflect on your relationship with nature. Think of the wonders this planet has provided us, from a diverse ecosystem of creatures and all manner of living things to the oceans and mountains and all other sites that make Earth beautiful. No one person can accomplish the change necessary to revive this planet, but we can come together, through education and mindfulness, to protect our home for future generations.

"Reimagine. Recreate. Restore," [un.org/en/observances/environment-day](http://un.org/en/observances/environment-day). Accessed May 5, 2022.

## One-Pot Smokey Camp Chili and Cornbread

Prep Time: 40 minutes · Cook Time: 40 minutes · Serves 10 adventurers

### Ingredients

- 3 pounds ground beef
- 1 large onion, chopped
- 8 cloves garlic, minced
- 1 bell pepper, chopped
- 1/2 teaspoon dried oregano
- 1 28-ounce can diced tomatoes
- 1 16-ounce can tomato paste
- 1 16-ounce can black beans
- 1 10-ounce bag of frozen corn
- 5 tablespoons chili powder
- 2 tablespoons chipotle powder
- 1 tablespoon cumin
- 1 cup water
- 2 8.5-ounce boxes Jiffy cornbread mix (or brand of choice)
- Eggs and milk for cornbread mix

### Instructions

1. Form a layer of hot coals on the ground. Or prepare your heating source, like a wood fire with grill grate, for cooking stability.
2. Place your Dutch oven over the heating source and allow it to get hot - roughly 20 minutes.
3. Brown your ground beef until it's cooked through - roughly 15 minutes.
4. Add in the onions, garlic and pepper and cook until softened - about 5 minutes.
5. Sprinkle in the chili powder, chipotle powder, cumin, diced tomatoes and tomato paste.

### Nutrition Information

Amount Per Serving:  
Calories: 786  
Total Fat: 13.4g  
Cholesterol: 138mg  
Sodium: 708mg  
Total Carbohydrates: 108.2g  
Total Sugar: 16.7g  
Protein: 36.7g

Recipe adapted from [honestlyyum.com](http://honestlyyum.com)

### Packing Cookware Needed

- 8-quart Dutch oven
- Hot coals or other heating source (wood fire and grill grate, etc.)
- Measuring spoons (or prepare herbs and spices ahead of time in a bag!)
- Spatula for browning meat and veggies
- Mixing bowl (for cornbread)
- Fork or whisk for mixing cornbread
- Two large spoons (for raw cornbread and for serving)
- Skewer, fork or toothpick for checking doneness of cornbread
- Bowls and spoons for devouring!

6. Add in the water and beans. Stir then cook your chili for 10 to 15 minutes.
7. Mix the cornbread ingredients in a bowl.
8. Pour the cornbread mix over the top of your chili, in the same pot.
9. Cover the Dutch oven and add roughly 20 coals to the top.
10. Cook for 10 minutes and check for doneness of your cornbread with a skewer, fork or toothpick. When your utensil comes out clean, it is done!
11. Enjoy!