“The technicians arrived very quickly, knew exactly what to do, and solved our problem. Thanks!!”
—from a Satisfied Customer commenting about Electric Shop

HEAT ILLNESS AWARENESS

Understanding the causes and symptoms of heat stress will help prevent serious injury or illness when working in our hot weather months. Last year there were over 100 worker heat related deaths in the US according to the Occupational Safety & Health Organization (OSHA). Heat illness includes heat rash, heat cramps, heat exhaustion, and heat stroke.

Strategies to prevent heat illness include:

• Wearing light colored, lightweight, breathable clothing
• Wearing a wide-brimmed hat
• Drinking several cups of water before starting outdoor work
• Eating lunch, food helps replace electrolytes
• Drinking 3-4 cups of water. Drinking sports drinks (Gatorade, etc.) is not a substitute for drinking water.
• Taking frequent breaks in the shade or air-conditioned space
• Keeping an eye on other staff to monitor for heat illness symptoms

Juan Urbano has a passion that goes beyond the walls of the General Services Building and the Auto Fleet shop. In fact, his passion goes beyond any walls! Juan has developed a passion for saltwater fishing. He spends 20-30 hours a week working on projects as a volunteer for Texas Parks and Wildlife. He helps with special events all along the gulf-coast which could include anything from a trip to the VA hospital to show them how to fly-cast to helping the Boy Scouts with Angler education. (http://tpwd.texas.gov/education/angler-education)

Ten years ago, Juan starting getting more into the education portion of fishing when he began to take his own kids and the neighborhood kids on fishing trips. He contacted the Texas Parks and Wildlife himself because he decided to learn more about how to do it and do it the right way. The information he learned included habitats, fish species identification, knot tying and rules and regulations.

In January 2016, Juan’s church, Our Lady of Guadalupe, received a grant through the Recreational Boating and Fishing Foundation. The grant was designated as the George H. W. Bush Vamos A Pescar Education Fund. It will help fund five family events between April 2016 and November 2016. As an over achiever, Juan has scheduled six events between the designated timeline. To describe his enthusiasm for spreading information on conservation efforts as enthusiastic would be an understatement.

To read more about the grant: http://www.multivu.com/players/English/7806451-vamos-a-pescar-ghwb-fund/
To find out more about the next free family event coordinated by Juan, email him at urban_tx@yahoo.com.