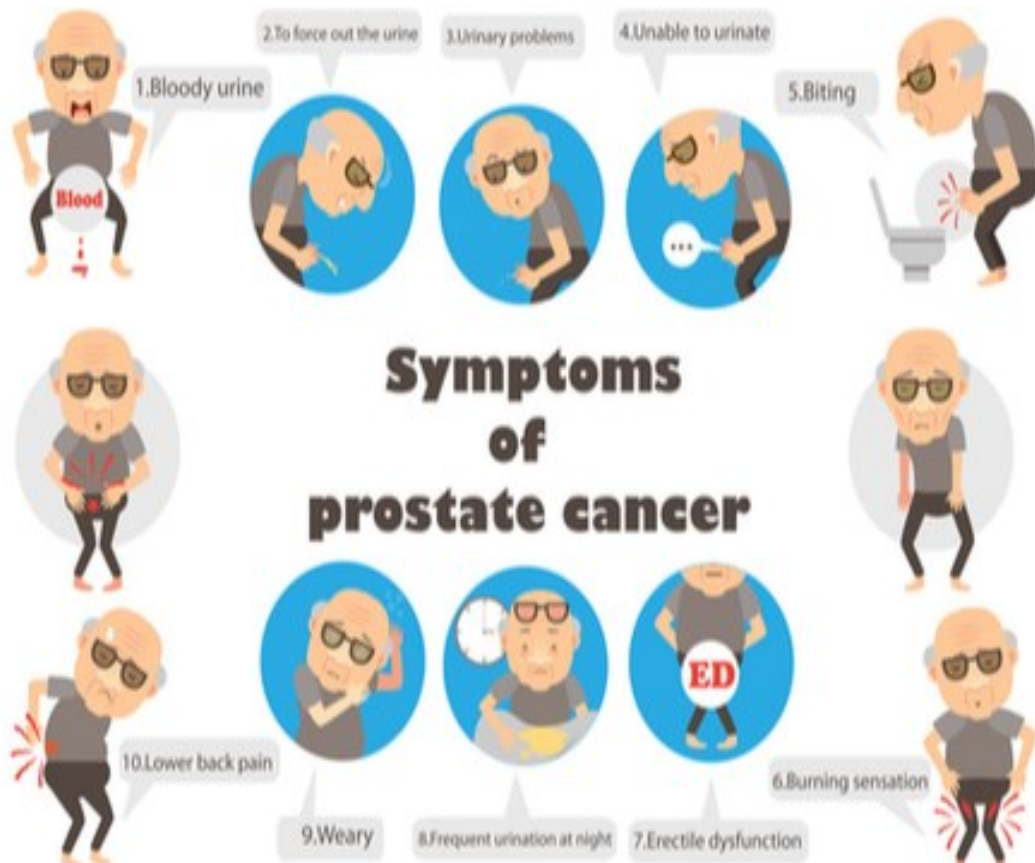




LABORERS' DISTRICT COUNCIL

of the Metropolitan Area of Philadelphia and Vicinity



June is Men's Health Month. Schedule a check-up. Do it for yourself and those that count on you.

LDC Health & Safety Fund UPCOMING EVENTS



**Gary Papa Run – Prostate
Cancer Walk 6/18/17**

MS City to Shore Ride 2017 9/23/17

**Family Fitness and Fun Day –
Training School 9/30/17**

**Dragon Boat Race – Race for
Charity 10/7/2017**

**Contact the Health and Safety Fund
or your Wellness Champion for info**

Twenty Five million people in the United States have diabetes. In 2010, about 1.9 million new cases of diabetes were diagnosed in people ages 20 and older. If current trends continue, one in three American adults will have diabetes by 2050. Construction workers are at increased risk for a range of chronic diseases. The Laborers' Philadelphia and Vicinity Health and Safety Fund is pleased to have participated in the American Diabetes Greater Philadelphia Tour de Cure on June



3, 2017. This event is a opportunity for businesses, clubs, friends and families to come together to form teams with the vision of a life free of diabetes and all its burdens. Congratulation to our team and their efforts that raised \$6000.00. Let's work together for a cure!



Join us



What is heat stress?

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat cramps, heat exhaustion and the more severe heat stroke can occur.

What kind of heat disorders can occur?

Heat stroke is the most serious disorder associated with heat stress. It occurs when the body's temperature regulation fails and body temperature rises to critical levels. It is a medical emergency that can lead to death.

Heat exhaustion is a result of the combination of excessive heat and dehydration. Untreated, heat exhaustion can lead to heat stroke.

Heat cramps are usually the result of hard physical labor in a hot environment, often resulting from an imbalance of electrolytes in the body.

Heat rashes are a common problem resulting from persistent wetting of clothing by unevaporated sweat.

Know The Symptoms of Heat Stress!

Skin Rash

Muscle Cramps

Heat Exhaustion

Heat Stroke

All workers need training to recognize the signs of heat stress and more importantly heat stroke.

Contact the LDC Laborers' Training Fund today and enroll in safety training and other valuable courses to benefit your career.

Call **610-524-0404** for course schedule and more information.



**Your LDC Health & Safety Fund
And Wellness Champion Team**

Heat Stress Prevention

- Drink cool water every 15 minutes (even if you are not thirsty)
- Develop a rest break schedule with your employer based on heat factors and work load.
- Wear light colored breathable fabric
- Allow your body to adjust to the heat
- Plan your heaviest workload for the coolest part of the day.
- Monitor yourself and those around you when its hotter than 85 degrees.

Contact Us

Give us a call for more information about our services and events

LDC Health & Safety Fund

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Visit us on the web at
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