

HEALTH & SAFETY NEWSLETTER

2025-August



August
is like the
Sunday of
Summer!

INSIDE THIS ISSUE

The importance of
staying Hydrated,
and signs of
dehydration



Kids scavenger hunt



Bruschetta Summer
Pasta Salad



Celebrating August

G N I L W O B F B M E T P D N O K Z T P S V B W
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College Colors	Shooting Star	Banana Split	Humanitarian	Just Because
Lemon Juice	Lung Cancer	Friendship	Lighthouse	Relaxation
Sweetheart	Watermelon	Ice Cream	Elephant	Wellness
Bow Tie	Bowling	Checkup	Cupcake	Holiday
Mignon	Slinky	Peach	Wacky	Book
Lion	Poet	Toes	Cat	Hug







MONTHLY HEALTH AWARENESS

HYDRATION – STAYING HYDRATED

Staying hydrated is one of the best things you can do for your overall health. Staying hydrated can help support physical performance, prevent headaches and much more!

Hydrating Foods – Hydration doesn't have to just come from a glass of water – Pick foods high in water to help stay hydrated all day long

Watermelon is 93% water

Cucumbers are 96% water

Romaine Lettuce – 95% water

Celery – 95% Water

Tomatoes are also 94% water



BENEFITS OF STAYING HYDRATED



DEHYDRATION SYMPTOMS



Are you hydrated? Urine color chart

1		Congratulations!
2		If your urine matches colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine is below the RED line, you are DEHYDRATED!
5		You are at risk for cramping, heart attack, anxiety attack, heat illness and more.
6		You need to drink more water now!
7		If your urine is this color, you must drink water immediately or die a slow, painful death.
8		Seek medical attention immediately



Laura's Recipe Corner

BRUSCHETTA SUMMER PASTA SALAD



Pasta

- 500g/1 lb penne , *ziti or other short pasta*
- 2 tsp cooking salt / kosher salt , *for cooking pasta*

Bruschetta

- 1 kg / 2 lb tomatoes , *chopped into 1.25cm / 1/2" pieces, keep all juices*
- 1/2 tsp cooking salt / kosher salt (*Note 3*)
- 3/4 cup tightly packed basil leaves , *finely sliced (Note 1)*
- 1/2 cup (tightly packed) finely shredded parmesan

Dressing:

- 1/2 cup extra virgin olive oil (*good time to break out the good stuff*)
- 1/4 cup balsamic vinegar
- 2 garlic cloves , *minced using garlic press or very finely minced using knife*
- 3/4 tsp cooking salt / kosher salt (*Note 3*)
- 1/4 tsp black pepper

Dressing – Shake the ingredients in a jar (or whisk in a jug).

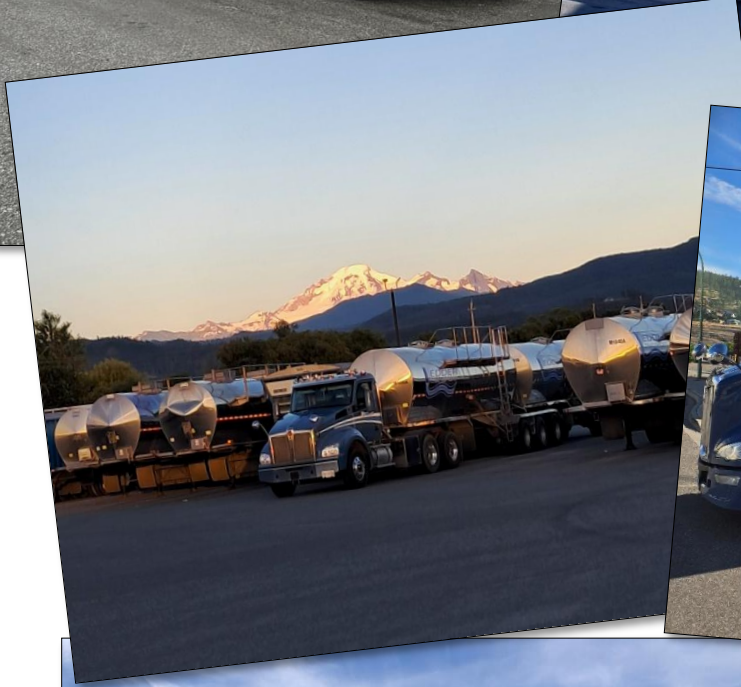
Soft cooked pasta – Bring a large pot of water to the boil with the 2 teaspoons of salt. Cook the pasta per the packet time plus 2 minutes, until the pasta is overcooked and soft. Drain in a colander, then return the pasta into the same pot.

Flavor the pasta – Give the dressing a good shake then pour 2/3 of it over the pasta. Stir (enjoy the smell!). Set aside to cool for 15 minutes and let the pasta absorb the dressing flavor

Bruschetta – Put chopped tomato and all watery juices into a bowl. Pour over remaining Dressing, gently toss. Set aside for 10 minutes or until the pasta is cool to let the flavours meld.

Finishing (the order matters!) – Pour the juices accumulated in the tomato bowl into the pasta then toss to disperse. Add the salt into the tomato, gently toss, then add the tomato into the pasta. Add the basil, parmesan, gently toss.

Serve – Pour into a big bowl and serve!





MAINTENANCE MINUTE



THE IMPORTANCE OF AIR BRAKES!



Parking brakes on large commercial vehicles, **MUST** be applied **EVERY TIME** you leave the driver's seat - otherwise equipment will roll backward or forward with even the slightest of inclines.



- A fully loaded tractor trailer weighs tens of thousands of pounds.
- Physics teaches us that as the mass weight of a moving object increases, the force required to stop it also increases.
- That's why the braking system on a truck and trailer are one of its most important components.
- The weight of a rolling truck and trailer will create momentum that could cause severe damage to property.
- Even more concerning is the potential for serious injury or even a fatality to anyone in the path of rolling equipment.

PLEASE REMEMBER TO ALWAYS APPLY YOUR BRAKES



Summer is here.... Stay safe!



Most common workplace incidents in the summer season are:

❖ **Dehydration / Heat Exhaustion**

- **Stay Hydrated**
- **Wear Sunscreen**



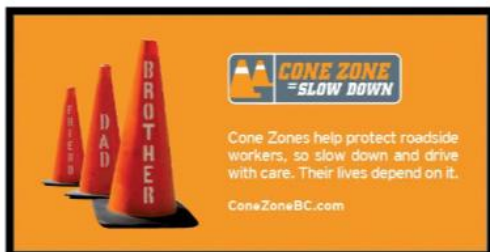
❖ **Twisted Ankles**

- **Watch for uneven ground and surfaces**
- **Wear proper footwear with 6" ankle support**



❖ **Watch out for road construction and road workers**

- **Slow down**
- **Watch out for cone zones**





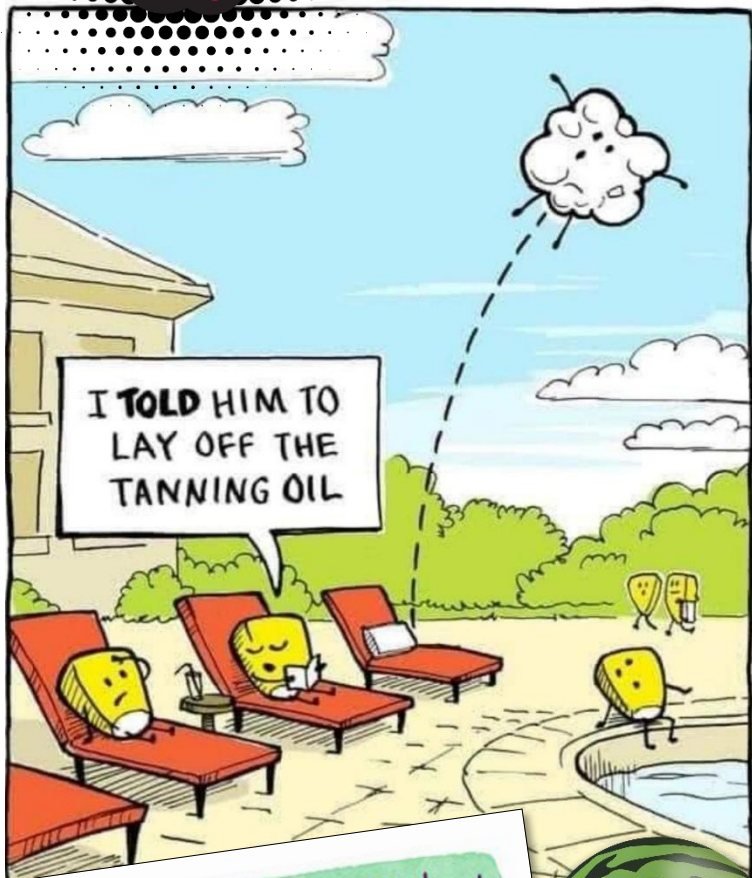
Monthly Laughs & Facts

AUGUST 1ST

AUGUST 1ST, AUGUST 1ST, AUGUST 1ST

AUGUST ALREADY?

FALSE. IT IS JULY 32ND.



the BEST THINGS about AUGUST!

BEACHES!



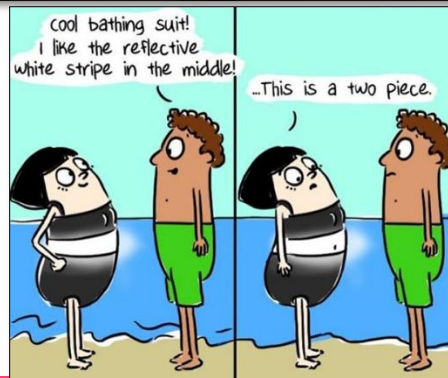
AIR-CONDITIONING!



FROZEN MARGARITAS!



END OF SUMMER!



HEY! Where is the world did you go?



Muhammad Hussain

Saudi Arabia



HEY! Where in the WORLD did you go?

Country: Saudi Arabia City: Makkah

What drew you to this location: Hajj 2025
Muslim Pilgrimage take place
Every year.

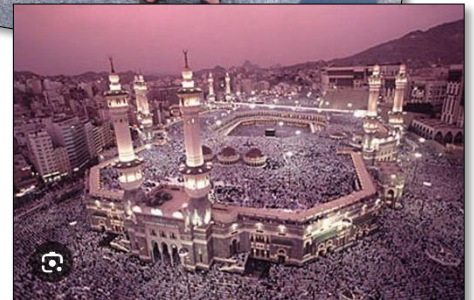
Memorable Trip Moment: Seeing the Kaaba
"Kaaba" is a cube-shaped Building

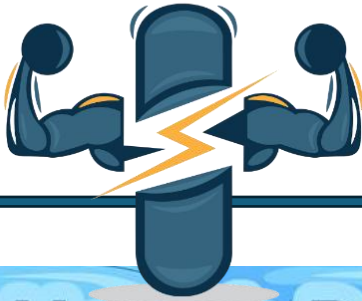
Challenging Trip Moment: Hot weather
40° + all the time.

Memorable Dish/Dessert: Mandhi
Arabic style rice with meat

Unique Cultural Learning: Hospitality
Local people very welcoming!

Souvenir / keepsake from this trip?:
Refrigerator Magnets





FITNESS FUN: SWIMMING



Health Benefits Of Swimming

- ≍ linked to better cognitive function
- ≍ lower risk of type 2 diabetes
- ≍ lower risk of high blood pressure
- ≍ decrease the risk of chronic illnesses
- ≍ reduces joint inflammation
- ≍ improves memory function
- ≍ helps combat obesity
- ≍ improves coordination, flexibility, balance and posture
- ≍ builds endurance, muscle strength, and cardiovascular fitness
- ≍ slows down aging
- ≍ provides all-over body workout
- ≍ improves oxygen and blood flow to the brain
- ≍ improves overall social well-being
- ≍ healthy lungs
- ≍ relaxed mind
- ≍ lower risk of stroke
- ≍ good for asthma
- ≍ healthy weight

General Tip: Warm up and stretch your muscles before swimming.

It's summer time, and a great time to hit a lake or a pool and go for a swim! Did you know that swimming is a great form of exercise. Summer is a great time to hit a lake or pool, however, you can swim any time of the year, just google your local community indoor pool.



Did You Know?

- 1.. Swimming started in the 1st century.
- 2.. Swimming has been a part of the Olympics since 1896.
- 3.. Elephants can swim as many as 20 miles a day — they use their trunks as natural snorkels!
- 4.. Kangaroos are excellent swimmers.
- 5.. The shorter your hair is the more chance you have for swimming faster because there is less friction.



Kids Fun Page!



Summer SENSES SCAVENGER HUNT

THE MUM EDUCATES



- ☐ Find something that tastes sour.
- ☐ Find something cold.
- ☐ Find something green.
- ☐ Find something that keep your body cool.
- ☐ Find a bird chirping.
- ☐ Find a flower that smells amazing.
- ☐ Find a red fruit that tastes sweet.
- ☐ Find a buzzing bee.
- ☐ Find something loud.
- ☐ Find something frozen.
- ☐ Find something that feels mucky.
- ☐ Find something round and green.
- ☐ Find something that smells fresh.
- ☐ Find something crawling.
- ☐ Find three yellow things.
- ☐ Find a singing bird.
- ☐ Find something a bug eats.
- ☐ Find something wet.
- ☐ Find something hard and dry.



THE MUM EDUCATES

