

Providing access to cool drinking water is the first step. The human body is made up of 60-70% water that the body uses for key processes to function properly and stay healthy. One of the important roles water plays is how it helps regulate body temperature. Without enough water, the human body will not be able to maintain a normal body temperature. It's also used to flush toxins from organs, carry vital nutrients and to oxygenate cells. Other key processes include providing lubrication to joints and moisture to eye, nose, and mouth tissue.



In hot situations where fatigue and performance are an issue, water isn't always enough. That's where electrolyte replenishment comes into play. Electrolytes are essential minerals the body needs like sodium, potassium, calcium, and the others listed here, which are found in the bloodstream and required to help balance the water needed throughout the body in order to function properly. As they are utilized, they get lost through sweating, urination, as well as breathing. Since the body doesn't produce them on its own, and pure water doesn't contain them, it's important to replenish electrolytes through the food and beverages we consume each day.

Choosing the right product to replenish fluids and vital electrolytes is key to properly hydrating workers without unwanted or unnecessary complications. Understanding these different classifications can help safety officials choose the right formulation for their employees. First, there's **traditional**, which represents a balanced electrolyte formula, Next, there's **non-traditional**, or the extreme or over-formulated beverages, and finally **supplements**, which are designed for an abundance of individual health conditions and could be a risky choice to consider when examining the medical conditions that exist within a workforce. Energy drinks potentially fall in this category due to ingredients they contain which can cause potential adverse effects. Some energy drinks are marketed as beverages and others as dietary supplements. According to the National Institutes of Health, consuming energy drinks raises important safety concerns, and a growing body of scientific evidence shows that they can pose serious health effects. Excessive energy drink consumption can disrupt sleep patterns and may be associated with increased risk-taking behavior.



In order to provide for the daily hydration needs of workers, **Sqwincher®** has developed three distinct electrolyte replenishment formulations. **Each formula does not exceed the 8% threshold for electrolytes and carbohydrates recommended by NIOSH.**

Formulations include, **Sqwincher®**, the original hydration formula, **Sqwincher® ZERO**, the sugar-free low-calorie

[here](#) to subscribe to our blog on LinkedIn to be automatically notified when new articles are posted.

Do you have a topic that you would like to see explored in a blog article? Please e-mail LSeminara@saftgard.com.

Shop Saftgard.com - The Smart, Simple and Speedy Way to Shop for Safety Online Today!



Saftgard.com makes it easier than ever for visitors to find exactly what they are looking for by utilizing a guided navigation layout with a fully-optimized "smart" search engine. The responsive design enables use and access to more than 6,000 products with enhanced product content and imagery on your PC, smart phone, or tablet.

Moreover, existing Saf-T-Gard customers can link their account to a new Saftgard.com web login to review ALL past orders and invoices, create a "wish list" of favorite items, save carts to simplify the ordering/reordering process, and so much more! Buyers without an existing Saf-T-Gard account can register for one online, or they can still search, browse, and order on Saftgard.com without a Saf-T-Gard account.

We invite you to spend a few minutes at Saftgard.com, and if you have not already, please register for an account to enable online ordering. Click [here](#) for a shortcut to the registration page, and click [here](#) for detailed instructions on how to link your Saf-T-Gard account to a Saftgard.com web login.

Five Safety Tips



1. SPRING CLEANING - Clean out that first aid kit and restock with fresh supplies.

formula, and finally, **EverLyte®**, a clear formulation that contains no color, preservatives or artificial sweeteners.

Saf-T-Gard provides **Sqwincher® hydration solutions** in all three formulations in a variety of flavors and dispensing options. Click [here](#) to shop the **Sqwincher® hydration solutions** online or call customer service at **1-800-548-GARD (4273)** today for more information or to place an order.

STOP HEAT STRESS

Empower, Respond, and Prepare for the Unexpected with ZOLL® Mobilize™ Rescue Systems

ZOLL



8911-003000-01


7-14 MINUTES
AVERAGE EMS RESPONSE TIME*


TIME TO FATALITY
3-5 MINUTES | SEVERE BLEEDING†
6 MINUTES | AIRWAY ISSUES‡

When medical emergencies occur, the faster care can be provided, the better the outcome. Bystanders are often a victim's best hope for survival – but they don't always have the training or equipment they need to help. You will be prepared for the unexpected with **Mobilize™ trauma kits**. The integrated system of medical supplies and an interactive app empowers untrained bystanders to assess and manage trauma and injuries in the critical moments before EMS arrives. Diagnostic prompts and real-time, interactive instructions provided through the app enable bystanders to manage a wide range of medical issues including severe bleeding, choking, seizures, traumatic injuries, burns, hypothermia, broken bones, and more.

Additional features and benefits include the following:

- Each Mobilize™ trauma kit includes access to the Mobilize™ Rescue app that provides real-time, interactive instructions on how to assess, monitor, and manage care and provide treatment using the medical supplies in the kit
- The easy-to-follow diagnostic prompts enable anyone, trained or untrained, to help in an emergency
- The kit includes medical supplies to manage severe bleeding, cardiac arrest, seizures, choking, and more
- The Mobilize™ Rescue app is available for iOS and Android devices
- Offers a time-stamped summary of actions taken to share with EMS
- Compact design is easy to store or take on the go
- Military-grade nylon casing protects supplies in a range of environments

2. SPRING CLEANING -
Many cleaning solvents and agents contain hazardous chemicals, so use respiratory protection as indicated on the MSDS.

3. SPRING CLEANING -
Times change; jobs change; applications change and hazards change, so clean out those old Job Hazard Analysis reports and prepare new ones that reflect today's reality.

4. SPRING CLEANING -
Be sure to use industrial eye protection and hearing protection when cleaning up outdoors with power-assisted equipment.

5. SPRING CLEANING -
Use lens cleaning tissues and sprays to clean protective eyewear or buy new protective eyewear as needed.

QUESTIONS
Q&A
ANSWERS



Question: Can gloves be repaired or recycled?

Answer: Many types of gloves can be recycled by laundering or cleaning, and the recycling instructions are generally included in the printed **Information for Users** insert packed with the gloves.

To facilitate sorting after recycling, gloves frequently have color-coded cuffs or other visual identification to designate hand size. Repairing low-cost general purpose industrial gloves is rarely cost-effective. Repairing chemical protective gloves is not recommended. Repairing stainless steel mesh safety gloves IS a cost-effective option for prolonging the useful life of the product.

Saf-T-Gard Spotlight

- Molle straps attach the kit to a rucksack, belt, or other type of travel pack
- Sold individually

Click [here](#) to shop the **ZOLL® Mobilize™ 8911-003000-01 Compact Rescue System** online or call customer service at **1-800-548-GARD (4273)** today for more information or to place an order.

BE PREPARED

Shop Saftgard.com for 20% Savings

20% OFF
SITWIDE SAVINGS

SAF-T-GARD
International, Inc.
SERVING WORKERS HOME SAFELY SINCE 1986

PROMO CODE:
WEBSALE20

SHOP NOW

www.saftgard.com

ENTER PROMO CODE: WEBSALE20 AT CHECKOUT

This promotion is valid on web orders only. Limit one per customer. Additional exclusions may apply.

SAVE TIME AND MONEY WHEN YOU SHOP ONLINE

- All the top brands and products in safety
- Create an account for a personalized experience
- Easy to use on PC, smart phone, or tablet

VISIT SAFTGARD.COM

The Smart, Simple and Speedy Way to Shop for Safety Online Today!

SHOP NOW

The ABCs of Fall Protection

3M

A

B

C

D

E

F



Larry Wolf is our Chief Financial Officer and joined the company in October 2017.

What Larry likes about Saf-T-Gard:

"Professional environment, multi-generational family ownership, free-flowing communications between management team, calm and consistent leadership."

What makes Larry's day:

"Getting home and seeing my wife and kids."

Larry's outside interests:

"Mainly reading, sports when there is time (Bears, Blackhawks, Cubs)."

Anything else?

"I am excited to be a member of the Saf-T-Gard team!"

OSHA Factoid



Requirements for First Aid Kits in a Non-Industrial Workplace

How does the ANSI standard Z308.1-1998 relate to 29 CFR 1910.151(b)? In a non-industrial workplace (for example, a corporate office) where employees perform administrative duties and there are no specific employment-related injuries anticipated, would a kit matching the ANSI standard be sufficient for compliance with 29 CFR 1910.151(b)?

Paragraph (b) of 29 CFR 1910.151 requires that in the absence of an

- **Anchorage** - This is a secure point of attachment on the structure for a personal fall arrest system (PFAS). Anchorage connectors vary by industry, job, type of installation, and structure. They must be able to support the intended loads and provide a sufficient factor of safety for fall arrest. In the U.S., for example, anchorage connectors must provide a secure point of attachment for a complete personal fall arrest system and must be capable of supporting a load of 5,000 lbs. (22kN) or of meeting the Occupational Safety and Health Administration's (OSHA) criteria of a 2 to 1 safety factor.
- **Body Support** - Harnesses distribute fall forces over the upper thighs, pelvis, chest, and shoulders. They provide a connection point on the worker for the personal fall arrest system.
- **Connectors** - Devices such as self-retracting lifelines or energy-absorbing lanyards connect a worker's harness to the anchorage.
- **Descent and Rescue Devices** - These are used to raise or lower a fallen, injured worker to safety or retrieve them from a confined space.
- **Education** - It is essential for employees and employers. 3M™ and Saf-T-Gard offer a variety of training and consultative services to fit your needs.
- **Fall Protection for Tools** - These solutions help make work environments safer and more productive by reducing dropped object incidents.

Saf-T-Gard offers a comprehensive line of **3M™ fall protection products**, including **harnesses, self-retracting lifelines, lanyards, anchorage points, fall protection accessories**, and so much more! Click [here](#) to shop them online or call customer service at **1-800-548-GARD (4273)** today for more information or to place an order.

ELEVATE PERSONAL SAFETY

Vendor Product Spotlight: Chicago Protective Apparel Mechanix Wear® Gore® Pyrad® PPE Cat 4 Arc Flash Suit



Mechanix Wear® has fused together Gore® Pyrad® fabric technology with a streamlined garment design to bring electrical workers the lightest and most comfortable PPE Cat 4 arc flash suit available, which includes a jacket (**SWJ-40-GPGY**), bib overall (**SWB-40-GPGY**) and hood (**SWH-40H-GPGY**). When workers are cool and comfortable, they can stay productive and focused on the job.

infirmary, clinic, or hospital near the workplace, a person or persons must be adequately trained to render first aid. Adequate first aid supplies must be readily available.

ANSI standards become mandatory OSHA standards only when, and if, they are adopted by OSHA; ANSI Z308.1, Minimum Requirements for Workplace First Aid Kits, was not adopted by OSHA. However, ANSI Z308.1 provides detailed information regarding the requirements for first aid kits. OSHA has often referred employers to ANSI Z308.1 as a source of guidance for the minimum requirements for first aid kits.

The contents of the first aid kit listed in ANSI Z308.1 should be adequate for a small worksite. However, larger, or multiple operations should consider the need for additional first aid kits, additional types of first aid equipment, and first aid supplies in larger quantities.

You may wish to consult your local fire and rescue department, an appropriate medical professional, your local OSHA area office, or a first aid supplier for assistance in putting together a first aid kit which suits the needs of your workplace. You should also periodically assess your kit and increase your supplies as needed.

As I See It



It is April 2024, and there is more and more exposure to AI = Artificial Intelligence. I know that I wrote about this a few months ago, but with all of the hoopla and promotion and "news" articles and social media postings about AI, I feel that I need to address AI further.

Let's start with the question "What is AI." So, I asked ChatGPT (an open-



SUIT DESIGN HIGHLIGHTS

- 40 cal/cm² (ATPV 40)
- Articulated sleeves and knees, adjustable waist, and suspenders, drop tail back hem to enhance freedom of movement, reduce slippage and sleeve ride-up
- Leg plackets for enhanced ease of donning and doffing over boots
- Back leg opening boot reinforcement panels to minimize damage to garment
- Improved breathability from features such as shorter, open-front stand collar on jacket for more airflow when hood is worn
- Ergonomic features such as strategically placed tabs on garments for easy grab when wearing gloves, and choice of standard or lift-front window on hood
- Sized to ASTM body standards

FABRIC HIGHLIGHTS

- Ultra-lightweight at 9.5 oz./sq. yd
- Only 1.09 mm thick
- Heat Attenuation Factor (HAF) of 95%
- Fabric provides 40 cal/cm² (ATPV) arc-rated protection
- Highest arc rating per fabric weight ratio

STANDARDS AND CERTIFICATIONS

- ASTM F1506/NFPA 70E (USA)/CSA Z462 (CANADA) for Arc-Resistant Clothing
- EN 1149-3/-5 Electrostatic Properties of Protective Clothing
- AATCC TM22-2017c Water Repellency
- AATCC TM118-2013e Oil Repellency/Hydrocarbon Resistance

Click [here](#) to shop the **Chicago Protective Apparel Mechanix Wear® Gore® Pyrad® PPE Cat 4 Arc Flash Suit** online or call customer service at **1-800-548-GARD (4273)** today for more information or to place an order.

TRY THE LIGHTEST SUIT

Watch the FREE DuPont™ Protective Apparel Training for Hazardous Particle Remediation and Spill Response Webinar ON DEMAND

source AI application to this question and got this answer. "AI, or artificial intelligence, refers to the simulation of human intelligence processes by machines, especially computer systems. These processes include learning, reasoning, problem-solving, perception, and language understanding. AI technologies aim to mimic cognitive functions typically associated with human minds, enabling machines to perform tasks that would typically require human intelligence."

Now I asked the reverse, "What AI is not." And here is the answer. "AI is not sentient or conscious like humans. It lacks emotions, self-awareness, and consciousness. AI systems are designed to process data, learn from it, and make decisions or perform tasks based on algorithms and predefined rules, without subjective experiences or awareness. Additionally, AI is not infallible and can make errors or exhibit biases based on the data it is trained on and the algorithms used."

So, until these computers actually need PPE themselves, AI will never replace the human element in industrial safety. By human element I mean the human safety director, the human plant manager, the human HR manager, the human industrial hygienist, and the industrial safety specialist. It's like asking Google or Bing "What is the best work glove?" You'll get a lot of websites that self-promote their gloves without involving the real human element of the job application and the people who will be wearing the gloves as personal protective equipment (PPE). Ah, that's it – a reminder that the first P in PPE is PERSONAL, and no AI computer, no matter how smart it thinks it is, can replace the personal human element when it comes to safety.

That's where we come in. We're a team of experienced, dedicated safety professionals – real people to help you solve real problems. That's who we are and what we do – because we're Saf-T-Gard International – **Bringing**



FREE
WEBINAR

**Workers Home Safely
Since 1936.**

PROTECTIVE APPAREL TRAINING

for Hazardous Particle
Remediation and Spill
Response
ON DEMAND



WATCH NOW



In an unpredictable world, there is an increasing need for safe and effective environmental services for communities and industries. With 650,000 chemicals present in more than three million American workplaces, considerations must be made for hazardous particle remediation, spill response, protection against take-home-toxins, and more. The companies and workers who handle these tasks must be armed with the best safety protocols, equipment, and training possible – and DuPont™ Personal Protection can help.

Join Dan Bowen, Technical Marketing Specialist, for a webinar training on key considerations for hazardous remediation, protective apparel considerations, and the DuPont™ SafeSPEC™ product selector tool.

WATCH NOW

Saf-T-Gard International, Inc.
205 Huehl Road
Northbrook, IL USA
Phone: 1-847-291-1600
Fax: 1-847-291-1610
Email: CustomerService@saftegard.com
Website: www.saftegard.com

Saf-T-Gard is a major manufacturer, distributor, importer and exporter of safety solutions for industry since 1936.

[Check Out Our Safety Blog!](#)

[Update E-mail Preferences](#)



Copyright © 2024 Saf-T-Gard International, Inc.