

Staying Safe and Healthy in the Summer Sun

As the summer season approaches, addressing an important topic that affects us all is the dangers of extreme heat.

This edition will explore the risks associated with the summer heat, how to prevent heat-related illnesses and additional precautions to avoid tick-borne diseases, West Nile virus, and skin infections. Let's dive in and ensure we can enjoy the summer while staying safe and healthy.

Beating the Heat: Avoiding Heat Stress

As temperatures rise, our bodies can become vulnerable to heat stress. Heat stress occurs when the body cannot regulate its internal temperature, leading to various heat-related illnesses.

Here are some essential tips to help you stay cool and prevent heat stress:

- **Stay hydrated:** Drink plenty of fluids, even if you don't feel thirsty. Water, sports drinks, and fruit juices are excellent options. Avoid excessive caffeine and alcohol consumption, as they can contribute to dehydration.
- **Dress appropriately:** Opt for loose-fitting, lightweight, and light-colored clothing that allows air circulation and helps sweat evaporate.
- **Seek shade and avoid direct sun exposure:** Stay in shaded areas, especially during the hottest parts of the day (typically between 10 a.m. and 4 p.m.).
- **Take regular breaks:** If you're working outdoors or engaging in physical activities, schedule frequent breaks in cool, shaded areas to rest and cool down.
- **Use cooling aids:** Consider cooling towels, fans, or misting devices to help lower your body temperature.

Recognizing Heat-Related Illnesses: Know the Symptoms

Awareness of the common signs of heat-related illnesses is essential, as prompt recognition and action can prevent further complications. Here are the key symptoms to watch out for:



Heat exhaustion: Heavy sweating, weakness, dizziness, nausea or vomiting, headache, muscle cramps, and pale, clammy skin.

Heatstroke: High body temperature (above 103°F or 39.4°C), hot and dry skin (or profuse sweating), rapid pulse, throbbing headache, dizziness, confusion, unconsciousness, and seizures.

What to Do if You Experience Heat-Related Illness

If you, or a colleague, experience symptoms of heat-related illness, it's crucial to take immediate action. Follow these steps:

- Move to a cool place: Find a shaded or air-conditioned area to lower your body temperature.
- Hydrate: Sip cool water or sports drink slowly.
- Apply cool compresses: Use damp towels or wet clothing to cool your body.
- Rest: Lie down and elevate your feet to reduce strain on your heart.
- Seek medical assistance: If symptoms persist or worsen, seek professional medical help immediately.

Protecting Yourself: Tick-Borne Illnesses, West Nile Virus, and Skin Infections

In addition to heat-related illnesses, summer brings other health risks, such as tick-borne illnesses, West Nile virus, and skin infections. Here are some preventive measures:

Tick-borne illnesses: When spending time in grassy or wooded areas, wear long sleeves, long pants, and closed-toe shoes. Use insect repellent with DEET on exposed skin and perform thorough tick checks after outdoor activities.

West Nile virus: Avoid stagnant water where mosquitoes breed, wear protective clothing, and use insect repellent. Install or repair window screens to keep mosquitoes out of your home.

Skin infections: Practice good hygiene, especially in hot and humid conditions. Shower regularly, use clean towels, and avoid sharing personal items like razors or towels. Keep cuts, scrapes, and wounds clean and covered to prevent infection.

These preventive measures can reduce your risk of summer-related health issues and help you enjoy a safe and healthy season.

Stay cool, stay safe, and have a fantastic summer season!



Build Your Knowledge: Apply for Leadership U

Are you ready to take on new challenges and gain new work skills? Prepare for your future and apply for Leadership U, an opportunity-based program to help you build your knowledge of the City and Community.

Established in 2012, Leadership U classes provide an opportunity for professional growth and development of leadership styles and project management skills, increased knowledge of municipal operations, and networking opportunities with current City leadership. Applicants must meet minimum requirements and complete the application process by July 31, 2023, to be considered.

Leadership U has proven to be a valuable development experience. Previous participants have graduated and used their new leadership knowledge to promote within the City successfully. They have been asked to lead city-wide committees and initiatives and appointed interim directors of City departments.

Recruitment for Leadership U will begin on July 7 and run through July 31, 2023. Watch for the official posting in July and follow all the instructions to complete your application.

"During my time in Leadership U, I had the opportunity to develop my leadership skills by pushing outside my comfort zone and reflecting on my leadership style's overall strengths and weaknesses. The feedback I received through the program has been valuable in helping me identify and align my values and goals for the future. Also, one of the program's biggest benefits was the opportunity to develop friendships and a support network among fellow cohorts that would have never happened otherwise. If you're thinking of applying for Leadership U, do it!"

- **Melissa Gray, Water/Wastewater Systems Manager**

"Leadership U is an invaluable opportunity for anyone looking to enhance their leadership skills. The Leadership U curriculum covers a wide range of leadership topics while providing several opportunities for modeling real-world scenarios. Additionally, the collaborative environment allows for active participation where participants can learn from each other's experiences. Personally, the knowledge and tools gained from the program have empowered me to navigate challenging situations and adapt to changing circumstances effectively."

- **Josh Wise, Water/Wastewater Systems Manager**



Employee Spotlight - Stefanie Hunter, Water Supply Systems Manager

1. **How long have you been in your current role?**

Two years

2. **How did you get started working for the City of Tulsa?**

In 1993, I was working on a construction project at the A.B. Jewell Water Treatment Plant as a pipefitter apprentice when I met a lot of great City employees. Once I completed my apprenticeship, I traveled around the U.S. to stay busy. One night, after climbing to the top of a dirty, greasy crude oil distillation unit, I realized that while I enjoyed my job, it would not be a sustainable career path as I got older. When I returned home, I contacted one of the City of Tulsa employees I met at the A.B. Jewell project and asked if they knew of any job openings. They told me about an operator position at Mohawk, so I gave it a chance. The long-term stability of the job and the proximity to my family made it worth the sacrifice.

3. **Who inspired you to pursue the career you have today?**

My partner's great-aunt. She was a very successful retired architect - a rare career choice for a woman her age. We had a lengthy discussion about the importance of getting an education and having a career. Although she's no longer with us, I will forever be grateful to her for that conversation and her example.

4. **How has your role evolved since you've been here?**

I began my career for the City of Tulsa in June 2000 as an operator at the Mohawk Water Treatment Plant. I progressed to a senior operator at the plant before becoming the operations supervisor in August 2007. In December 2012, I became the treatment plant superintendent at A.B. Jewell. In February 2021, I was selected to fill the division manager role for Water Supply Systems. My team and I manage the City's two lakes and dams, the flowlines and pump stations that deliver water from the lakes to the City's two drinking water treatment plants, where we produce the award-winning water that our customers expect and deserve every time they turn on the tap.

5. **What motivates you to get up and go to work every morning?**

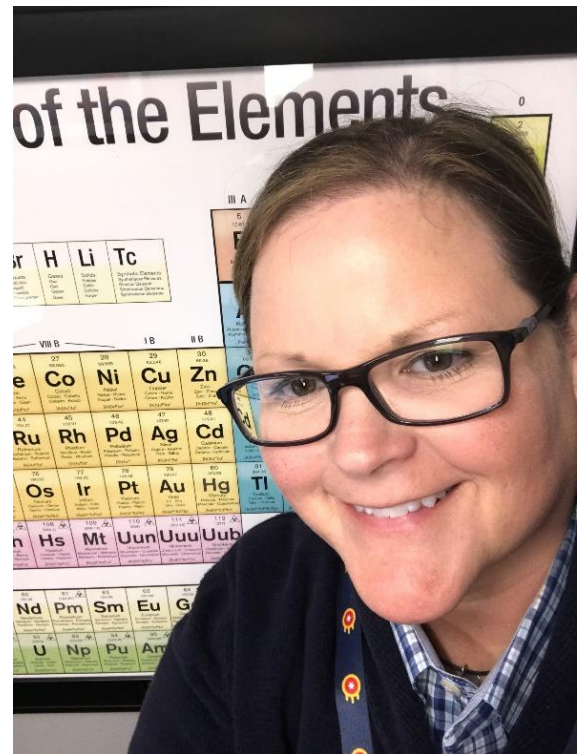
I enjoy my work and being part of a team that provides critical services to our community. Tulsa would be a very different city without treated drinking water and sanitary sewer services. I've worked with most of my colleagues for a long time, and our relationships over the years make work my home away from home.

6. **What's the most exciting project or a memorable moment you've had while working at the City?**

Most recently, it was the "February Freeze" in 2021. It was a very challenging time for our department because it is tough to treat slushy water. The cold temperatures also caused excessive breaks in our distribution system, which meant the plants had to produce more water than usual during winter. We are fortunate to have dedicated employees at every level in our organization who understand the importance of their contribution to ensuring our customers continue receiving the services they deserve 24/7, 365 days per year.

7. **What's one thing that surprised you about your current role?**

Before being selected as the Water Supply Systems manager, my entire career was focused solely on treatment



plant operations. Consequently, I wasn't fully aware of everything upstream of the treatment plants. I've learned a lot over the past couple of years and continue learning something new daily, which keeps things interesting.

8. How has the City of Tulsa helped your career development?

I had eight or nine college credit hours when I began my career. When the first operator progression program was developed, I took advantage of all the opportunities for career advancement. I started slowly by taking six hours of classes each semester. Once I got into a routine, I increased my hours each semester until I completed my bachelor's degree in environmental health and safety at NSU-BA. I went on to earn my master's and eventually my MBA (Master of Business Administration) in 2019.

I was also selected for the City's Leadership U class, where I learned much about what it takes to be a leader and made some great friends during the program. I also participated in the City's first-ever, Six Sigma black belt training program.

In addition, I'm a member of several professional organizations and have attended numerous industry-focused conferences over the years.

9. What, if anything, are you currently binge-watching? Reading?

I don't have time to binge-watch anything, but I enjoy watching reality-based shows like Tough as Nails or American Idol. I'm currently reading The Midwife of Auschwitz. I try to alternate between genres of books, including fiction, autobiographies, and books about leadership or self-improvement.

10. If you could have any superpower, what would it be?

At the risk of sounding cliché, I would choose a superpower that would allow me to spread peace and kindness. There is just too much hate and suffering in our world.

11. What advice would you give someone who wants to enter your field?

Develop a career plan and always work towards your next goal - slow and steady wins the race. Also, please take advantage of learning opportunities at every rung as they climb their career ladder. Be a team player and help those around you along the way. Teamwork makes the dream work!

12. What was the first concert you ever attended?

This sounds lame now, but my first concert was Randy Travis. My hands-down favorite concert ever was Stevie Nicks, even though Josh Wise will never understand it.

13. What's one item you can't live without?

This one is too easy...WATER.

14. If you could visit any place in the world, where would it be?

I would not turn down an opportunity to spend time in Bora Bora.

15. List three adjectives that describe your personality.

Patient, fair, and funny.

16. Who is your hero?

My dad is the best man that I've ever known. He has a huge heart and cares deeply about his family and friends. I am blessed to have two wonderful parents.

17. What's the best piece of advice you've been given?

When you see someone struggling, and you can help them, always take the opportunity to do it. And do so without expecting anything in return.

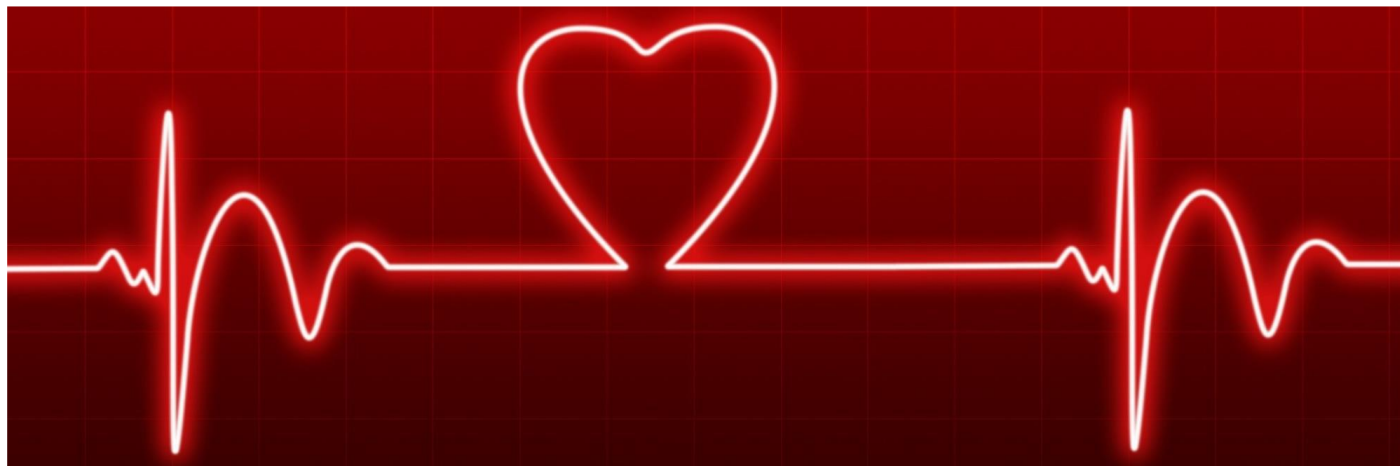
18. What would it be if you had to eat one meal every day for the rest of your life?

Although I'm not a vegetarian, I would probably choose a rice dish that I make with pecans, onions, thyme, basil,



and other seasonings. I could also probably eat a crusty baguette with some good French butter daily, as long as my pants still fit!





Why Learn Hands-Only CPR?

National CPR and AED Awareness Week occurs from June 1 through 7 annually. It highlights that more lives could be saved if more Americans knew CPR and how to use an AED (Automated External Defibrillator).

Around 70 percent of out-of-hospital cardiac arrests happen in homes. That's a staggering number. So, if you ever find yourself in a situation where you must give CPR in an emergency, chances are it'll be someone you love whose life is on the line.

You can be the difference for your parent, spouse, or child. The American Heart Association (AHA) has put together a handy fact sheet focusing on two simple steps of Hands-Only CPR, specifically for when you witness a teen or adult collapse. It's all about making learning more accessible and making a real impact in those crucial moments.

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts blood flow to the brain, lungs, and other organs – is a leading cause of death. More than 350,000 EMS-assessed out-of-hospital cardiac arrests occur yearly in the United States.

When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby.

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, primarily if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

Be the Difference for Someone You Love

If you are called on to perform CPR in an emergency, you will most likely try to save the life of someone you love: a child, a spouse, a parent, or a friend.

Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

Music Can Save Lives

Regarding CPR, it's essential to know that you need to push on the chest at 100 to 120 compressions per minute. And guess what? You can sync up your compressions to the beat of some fantastic songs! Just think about tunes like "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, "Hips Don't Lie" by Shakira, or even



"Walk the Line" by Johnny Cash. It's pretty cool. People feel more confident doing Hands-Only CPR when trained to a familiar song's rhythm. And hey, it helps them remember the correct rate too!

Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit www.heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step.

City of Tulsa Safety & Training provides employees with CPR/AED/First Aid classes. To learn about class dates and times, visit the [Safety & Training Site](#). You can find a CPR class near you at heart.org/CPR for non-employee training.



Over **70 percent** of out-of-hospital cardiac arrests happen in homes



Only about 40% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help.

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work, or in public.

Hands-Only CPR has just two easy steps, performed in this order.



1 Call 911 if you see someone collapse suddenly.



2 Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.