# Triumph Sheets Newsletter

# World Safety Day

World Safety Day was a fantastic success! Big THANKS to the safety committee for all the ideas and help with this event. We would not be successful without an engaged team of employees! Looking forward to planning another successful event next year!





# World Safety Day 2024

World Safety Day is a day of shining the light on Safety. Safety can sometimes be seen as dull or boring with the rules and regulations that follow it. At Triumph we continue to improve our efforts to bring safety first and make it exciting. With this event, we had trivia, a photo stand, catering, a t-shirt signing "signing for safety" and safety scratch-offs.





# 4th Annual Airplane Contest

National Paper Airplane Day is May 26th

Celebrating on 5/28





## Contest Rules

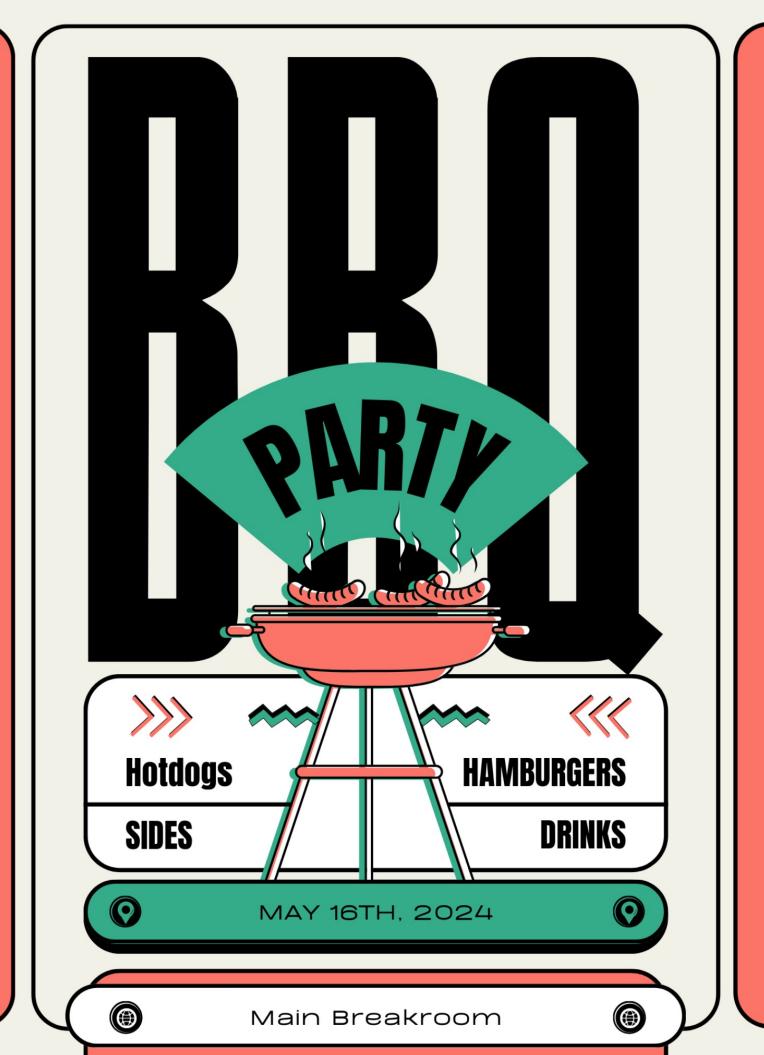
### Distance Contest

- You must be able to launch the plane by yourself, with no assistance from anyone else or launching pads.
- Must be made out of our scrap paper and reassemble an airplane.
- This year you may use glue, tape, or any other means to hold together.
- Can not be motorized.

### Best In Show

- Planes must be turned in by the end of shift on 5/17/2024
- Paper Airplanes will be on display in the main breakroom and left out for all staff to vote on.
- Voting will be open from 5/20 5/24
- Staff and co-workers will put their vote in the vote box.
- Planes need to be turned in to HR.
- One vote per person.

1st Place - \$300 2nd Place - \$150 3rd Place - \$100



### **HEAT STRESS EDITION**

# HEAT STRESS & PREVENTION

Heat stress occurs when the body cannot maintain a safe internal temperature due to high external temperatures, humidity, or physical exertion. It can lead to heat-related illnesses like heat exhaustion or heat stroke, which are serious and require immediate attention. Here are some key strategies for preventing heat stress

**Heat Stress Prevention Strategies** 

- 1. \*\*Hydration\*\*:
- Drink plenty of water throughout the day, even if you're not thirsty. Dehydration can quickly lead to heat stress.
- Avoid caffeinated or alcoholic beverages, which can contribute to dehydration.
- 2. \*\*Appropriate Clothing\*\*:
- Wear lightweight, breathable, and light-colored clothing to help keep your body cool.
- Consider moisture-wicking fabrics that help sweat evaporate.
- 3. \*\*Rest Breaks\*\*:
- Schedule regular rest breaks in shaded or air- conditioned areas to allow your body to cool down.
- If you're working outdoors, consider using cooling stations with fans or misting systems.



SUMMER IS APPROACHING

# **PREVENTION!**

What are we doing to prevent heat stress?

- Removing energy drinks from breakroom May 15th
- Supplying electrolyte popsicles.
- Water towels for cooling.
- Extra breaks

These are just a few. We will be on constant watch for dehydration symptoms.

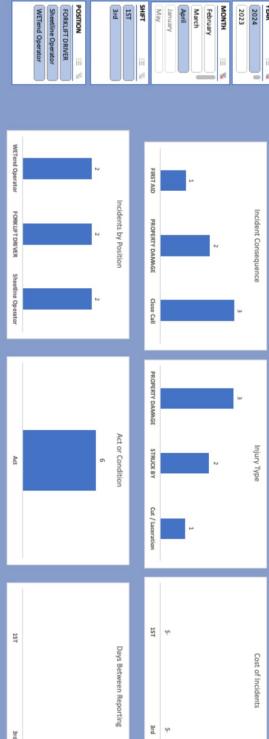


DRINK WATER!





# Safety Pashboard











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JUNE

SEPTO

Recordables by Year

2023 JULY

