

THE SUMMIT

QUARTERLY NEWSLETTER

Have A Safety Question, Concern, Or Have An Idea For A Future Issue?

Let me know!

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aengelhart@summitengineer.net



Quarter Three Holidays



July 3rd - Independence Day (Observed)

July 4th - Independence Day

September 7th - Labor Day

September 22nd - Autumn Begins

IF YOU ARE SETTING FIREWORKS OFF AT HOME, FOLLOW THESE SAFETY STEPS:

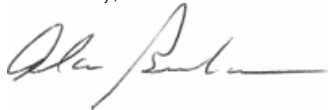
1. NEVER GIVE FIREWORKS TO SMALL CHILDREN, AND NEVER THROW OR POINT A FIREWORK TOWARD PEOPLE, ANIMALS, VEHICLES, STRUCTURES OR FLAMMABLE MATERIALS. ALWAYS FOLLOW THE INSTRUCTIONS ON THE PACKAGING.
2. KEEP A SUPPLY OF WATER CLOSE BY AS A PRECAUTION.
3. MAKE SURE THE PERSON LIGHTING FIREWORKS ALWAYS WEARS EYE PROTECTION.
4. LIGHT ONLY ONE FIREWORK AT A TIME AND NEVER ATTEMPT TO RELIGHT "A DUD."
5. STORE FIREWORKS IN A COOL, DRY PLACE AWAY FROM CHILDREN AND PETS.



2020 Service Awards

I want to commend the 2020 Service and Attendance Award recipients for their hard work and dedication. I value each and every one of our dedicated employees. Even though we cannot be all together to celebrate your achievements, I want you to know I appreciate the amazing job that you do for our office. Thank you for your continued efforts as we move forward together to serve Summit County.

Sincerely,



Alan Brubaker, P.E,P.S.

2020 Service Award

5 YEAR

ADAM HEPPE	10/19/2015
EDWARD HOGAN	12/14/2015

15 YEAR

PAUL BRUNAMONTI	10/31/2005
DANIEL BURDEN	12/05/2005
DONALD COLE	10/31/2005
DAVID ESTES	10/31/2005

20 YEAR

WILLIAM SOSNOSKY	07/10/2000
JEREMIAH STONESTREET	05/8/2000

25 YEAR

BRIAN CONLEY	04/3/1995
JOHN KETRON	10/16/1995
STEVE KOVACS	06/12/1995

30 YEAR

KEITH BARCLAY	04/16/1990
JOHN FATKINS	07/30/1990
STEWART FESSLER	12/3/1990
GEORGE KAMVOURIS	05/16/1990
THOMAS QUINN	11/26/1990
ROBERT WARREN	06/6/1990

35 YEAR

ROGER CERASUOLO	11/21/1985
DANIEL JAYE	09/16/1985
SAM ROSS	07/8/1985
ROBERT STAROSTO	11/12/1985

2020 Attendance Awards

PERFECT ATTENDANCE

1. Roger Boltz
2. Larry Burns
3. Tony Chiancone
4. Steve Kovacs
5. Scott Rauch
6. David White

1-24 HOURS

Deborah Atkins	(14.5)
Tim Boley	(21.50)
Shawn Cook	(18.5)
Steve Cook	(4)
Ken Freeman	(16.50)
John Jacoby	(23.75)
Dan Jaye	(9)
John Ketron	(20.75)
Brian Knapp	(22.5)
Laura Schlosser	(22.5)
Dave Smith	(18.5)
Jarrold Vansil	(15.5)

25-40 HOURS

Don Cole	(35)
Jason Davis	(38)
Dawn Harpster	(29.5)
Edward Hogan	(26)
Chris Rawson	(34.75)
Ebony Richmond	(29)
Walter Salyer	(36)
Greg Swain	(33)

Tips for Preventing Heat-Related Illness

Stay **Cool**



Stay **Hydrated**



Stay **Informed**



Stay COOL

Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.

Stay Cool Indoors: Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.

- Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

Schedule Outdoor Activities Carefully: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

Pace Yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Wear Sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

- Tip: Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best.

Do Not Leave Children in Cars: Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following: Never leave infants, children or pets in a parked car, even if the windows are cracked open. To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

Avoid Hot and Heavy Meals: They add heat to your body!

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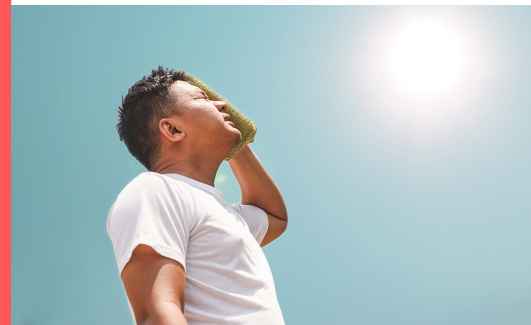
Heat Exhaustion vs. Heat Stroke

Know the difference



Heat Stroke

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)



Heat Exhaustion

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

Heat-Related Illness Continued

Stay HYDRATED

Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

- Warning: If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

- If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

Keep Your Pets Hydrated: Provide plenty of fresh water for your pets, and leave the water in a shady area.

Stay INFORMED

Check for Updates: Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

Know the Signs: Learn the signs and symptoms of heat-related illnesses and how to treat them.

Use a Buddy System: When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

Monitor Those at High Risk: Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

www.cdc.gov

Quarter Three Birthdays



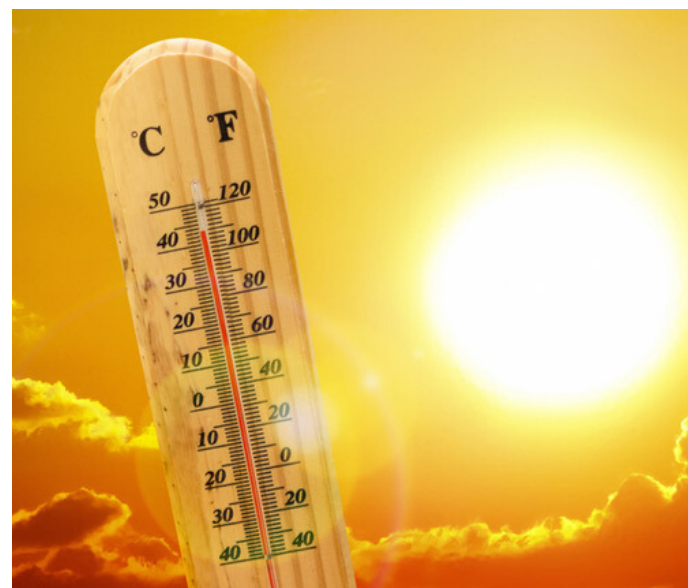
Jul 05 - Buddy Estes
Jul 25 - Steve Cook
Jul 26 - Patrick Dobbins
Jul 26 - Bob Warren
Jul 26 - Rachel Kinsinger
Jul 27 - Dominic Grabowski



Aug 01 - Michael Smith
Aug 04 - Walt Salyer
Aug 06 - Keith Barclay
Aug 09 - Ken Freeman
Aug 18 - Ebony Richmond
Aug 31 - Kurt Koerber



Sept 07 - Stu Fessler
Sept 07 - Tony Chiancone
Sept 11 - Bill Sosnosky
Sept 19 - Bob Hochevar
Sept 20 - Jeff Carroll
Sept 20 - John Daily
Sept 26 - Scott Finley
Sept 27 - Harry Lee
Sept 27 - Greg Swain
Sept 29 - Brian Conley





Aidan Woods



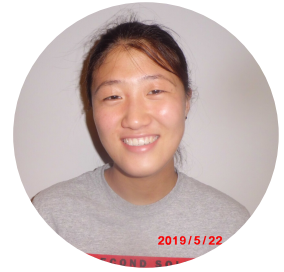
Ryan Kaufman



Jackson Clum



Joshua Merring



Ai Kondo



Nathan Jeffries



Elizabeth
Duffield



Matthew
Mendiola



Carmelo
LaMancusa



Gared
Somerville



Olivia Litvin



Seth Atkins

Summer Helpers Have Officially Started!

Twelve Summer Helpers have officially started here at Summit County Engineer. They will be with us over the summer completing routine labor tasks such as lawn care, flagging traffic, assisting crews out on the road, along with other duties. Many of our Summer Helpers are returning members with a couple starting here for the first time.

For many, this is a great start to a professional career giving individuals real world experiences in a diverse work environment. Whether they go into other fields or go into construction and/or government, this program offers them a unique experience.

After leaving our employment, these young individuals are able to use the soft skills that they have learned (i.e. timeliness, professionalism, communication, prioritization, etc.) to add to their resume and give them a boost above other applicants in the future.

If you see our summer helpers out in their orange shirts stop and say hello!

A Blast From The Past

Many of you are aware that I previously worked for SCE back in 2008-2009 (Back when I had a little more hair.)



Summer vacation: What are the risks?

In this new normal where everything is a calculation, summer vacation presents a whole host of questions. Is (fill in anything fun) safe? While there are few activities that are risk-free, thinking scenarios through goes a long way toward making summer travel plans that sound reasonably safe -- and fun. Here are some of the big questions to consider:

Q: Can I drive to another state?

Like most things coronavirus-related, it's complicated. While many US states have started to lift their most stringent Covid-19 lockdown measures, many are wary of out-of-state visitors. Some have imposed mandatory or suggested 14-day quarantines for those coming from out of state. Restrictions may apply to all out-of-state visitors or to arrivals from specific areas hard-hit by outbreaks. In Florida, for example, an executive order requires travelers from New York, New Jersey, Connecticut or Louisiana to self-isolate or self-quarantine for 14 days.

Q: Which is safer, flying or driving?

Dr. Henry Wu, director of the Emory TravelWell Center in Atlanta states that "there's no easy answer here. It really depends, and Wu reminds people not to forget the very real risk of car accidents. If you're considering risks based on Covid-19 alone, there are still many factors to consider. "While air travel introduces much uncertainty (e.g. How full will the plane be? Will someone sick be sitting near you?), airports and airlines have implemented many precautions," Wu wrote. "Furthermore if the flight is short, then the duration of risk exposure could be limited." Driving your own car is a well-controlled environment, but each stop introduces some risk. Wu advises travelers to pack as much food and drink as possible and try to stop only in places where distancing is not difficult. Wear a mask when others are around and keep your distance, frequently wash or sanitize your hands and be careful not to touch your face. Sharing the vehicle with people who aren't among your close contacts adds risk, especially if the trip is long, Wu noted. "If this is not avoidable, I would advise all occupants wear face coverings."



Q: Is staying in a hotel safe?

Just as in other places, the greatest risk of transmission in hotels is likely in situations where you're in close contact with other people, said Dr. Henry Wu, director of the Emory TravelWell Center in Atlanta, via email. Social distancing and wearing masks in places such as elevators and lobbies can reduce those risks. Contaminated surfaces seem to pose a lesser risk, but you'll still want to check into a hotel's sanitation procedures, Wu said. Many large chains have outlined the specifics of their enhanced cleaning protocols online.



Q: What about visiting an amusement park?

Dr. Henry Wu, director of the Emory TravelWell Center in Atlanta answers that "This is a tough one," Amusement parks "have some inherent issues that might increase risk: Crowded areas mixing many individuals from different areas, frequently touched surfaces (e.g. handlebars or seat belts on ride), and many younger adults and children that might be more likely to have mild or asymptomatic illness," he said. While most parks are still closed, there are plans to reopen. Disney World is set to start welcoming guests again in July with a host of new touchless features and social distancing protocols.

www.cnn.com/travel