



MAY 2022

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



May is Mental Health Month

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have or think you might have a mental illness, the first thing you must know is that **you are not alone**. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them. However:

- **1 in 5** U.S. adults experience mental illness each year
- **1 in 20** U.S. adults experience serious mental illness each year
- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events. Biochemical processes, circuits, and basic brain structure may play a role, too.

None of this means that you're broken or that you, or your family, did something "wrong." **Mental illness is no one's fault.** And for many people, recovery including meaningful roles in social life, school and work is possible, especially when you start treatment early and play a strong role in your own recovery process.

Resources available to you:

- City of Bryan/BISD Employee Health Center (979-821-7690)
- Deer Oaks EAP (1-866-327-2400) or deeroakseap.com
- NAMI Brazos Valley (1-800-273-8255) or namibv.org
- Mental Health providers through Blue Cross Blue Shield bcbstx.com

Source: www.nami.org

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2022 HEALTH & SAFETY EXPO - SAVE THE DATE

Work Safely in the Heat: Heat-related illness

The body burns calories and produces heat to keep its temperature at 98.6 degrees Fahrenheit. In a hot environment or during vigorous physical activity, the body will rid itself of excess heat. Two effective ways it does this are sweating and dilation of blood vessels. When sweat evaporates from the skin, you begin to cool off. When blood vessels dilate, blood is brought to the skin surface to release heat. Problems develop when the body's cooling mechanisms do not work properly. For example, when the air temperature exceeds body temperature, the body cannot easily cool itself. If the air is humid, sweat also does not evaporate quickly. Sweat also does not evaporate from a person who works hard or exercises while wrapped in heavy clothing or protective gear. That makes heat-related illness a concern in any weather, anywhere.



What's the problem?

Heat-related illness takes several forms. Heat rash occurs when sweat ducts get clogged. Heat cramps are painful muscle spasms caused by the loss of electrolytes from heavy sweating. If workers develop these conditions, immediately get them out of the heat so they can rest. The next stage of heat-related illness may not be far away. Heat syncope, heat exhaustion and heatstroke develop from prolonged exposure to heat. A victim of heat syncope becomes light-headed and faints when blood flow to the brain decreases. This is because blood pressure is lowered when blood vessels dilate to rid the body of heat. Blood pressure lowers further when blood volume drops as water is evaporated from the blood. When the body loses too much water and salt, heat exhaustion sets in. Signs include weakness, dizziness, nausea, headache, heavy sweating and clammy skin. A heatstroke victim has a rapid pulse, hot, red skin and has stopped sweating. The victim may show mental confusion, a decrease in alertness and blurred judgment. Heatstroke can be extremely serious and lead to brain damage or even death if not treated promptly and properly.

Hot tips to cool conditions

You should know how to recognize a victim of heat-related illness. Evaluate the symptoms, then follow these first aid actions:

- **Heat cramps:** Have the worker sip water or a sports drink. Gently stretch, massage and ice the muscle.
- **Heat syncope:** Have the worker lie down in a cool area.
- **Heat exhaustion:** Lay the worker down on his or her back in a cool area. Remove excessive layers of clothing. Give a sports drink or water. Do not give anything to drink if the worker vomits. Cool the worker with a cool water spray or wet cloths and a fan.
- **Heatstroke:** Call for medical help immediately. While you wait for help to arrive, immediately cool the victim with any means at hand, preferably by immersing the victim up to the neck in cold water. Alternatively, move the worker to a cool place and remove clothing down to the underwear, then apply ice packs at the neck, armpits and groin. Or, cover the worker with wet towels or cloths or spray him or her with cool water, and fan the worker to quickly evaporate the dampness on the skin.

Catch it early

Awareness is vital to prevent heat-related illnesses. Supervisors need to watch for warning signs of heat illness in workers. Workers also should be educated on what to look for in victims. Many companies that have workers exposed to heat year-round, provide supervisors with lectures, videos and even first aid training to prevent and treat heat-related illnesses. Workers adapt to the heat, but they should know their limits and supervisors should never push beyond those limits. Workers can take other preventive measures to combat the heat:

- **Eat light. The more calories you take in, the more body heat you produce.**
- **Drink plenty of fluids before work and throughout the day. Avoid caffeine.**
- **Wear lightweight clothing. Wide-brimmed hats protect workers from direct sunlight.**

May 2022 Training & Talent Development

Live Classes Reminder

May 19, 2022 @ 8:00am - 4:00pm - **Defensive Driving - One Day (Safety)**



This National Safety Council Course in defensive driving techniques is required of all City employees within 90 days of hire and then every three years. Students receive a certificate that can be used to get insurance discounts. Free for City employees and \$25 for dependents.

May 19, 2022 @ 10:00 - 10:30am - **Short Term Disability Webinar (Wellness)**



Help protect yourself and your family from the financial impacts of an illness or injury. In this seminar we will discuss the specifics of short term disability benefits.

May 24, 2022 @ 8:00am - 3:00pm - **CPR/AED & First Aid - First Time (Safety)**



This American Red Cross Course is recommended for field staff and staff situated close to an automated external defibrillator (AED). This is a professional level course and while it is appropriate for lay responders, it also covers many aspects of emergency response. Participants will be able to assess a victim, perform rescue breathing, CPR, clear a blocked airway and respond to various life-threatening injuries. Free for City employees and \$50 for dependents. Certification is valid for two years.

May 24, 2022 @ 3:00 - 5:00pm -



CPR/AED & First Aid - Renewal (Safety)

CPR for the Professional Rescuer and First Aid. This is a renewal course to refresh your skills. You must have previously taken the full CPR/First Aid for the Professional Rescuer Course (American Red Cross). Certification cannot be expired for more than 30 days. Free to City employees, \$50 for dependents.

May 25, 2022 @ 10:00 - 11:00am -



TMRS Pre-Retirement Overview (Informational)

Contemplating retirement? Learn about the retirement process, what forms to complete and what happens after retirement.

Rosemary Roasted Salmon with Asparagus & Potatoes

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons minced garlic
- 1 1/4 pounds Yukon Gold potatoes, cut into 1-inch pieces
- 1 teaspoon salt, divided

Total Cooking time: 30 minutes

- 3/4 teaspoon ground pepper, divided
- 1 pound asparagus, trimmed
- 4 (5 ounce) skinless salmon fillets, preferably wild
- 1 medium lemon
- 2 tablespoons balsamic glaze
- 1/2 teaspoon whole-grain mustard



Directions

1. Preheat oven to 425 degrees F. Stir together oil, rosemary and garlic in a small bowl. Place potatoes in a large bowl and toss with 1 tablespoon of the oil mixture and 1/2 teaspoon each salt and pepper. Arrange the potatoes in an even layer on a large rimmed baking sheet. Roast until lightly browned and tender, about 20 minutes. Push the potatoes to one end of the pan.
2. Place asparagus in the large bowl and toss with 1 tablespoon of the oil mixture, 1/4 teaspoon salt and 1/8 teaspoon pepper. Arrange the asparagus on other end of the baking sheet. Roast until the asparagus is bright green, about 3 minutes. Push the vegetables to either end of the pan, leaving space in the center.
3. Brush salmon with the remaining 1 tablespoon oil mixture and sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Place the salmon in the center of the pan. Thinly slice half the lemon and tuck the slices around the salmon and vegetables. Roast for 5 minutes more. Cut the remaining lemon half into wedges.
4. Whisk balsamic glaze and mustard in a small bowl. Brush 1 tablespoon of the mixture on the salmon. Continue roasting until the salmon is just cooked through and the vegetables are tender, about 5 minutes. Drizzle the vegetables with the remaining sauce. Serve with the lemon wedges.



SUPERCARGE YOUR HEALTH & SAFETY!

**CITIES OF BRYAN/COLLEGE
STATION & BRAZOS COUNTY
EMPLOYEE
HEALTH & SAFETY EXPO**

**JUNE 23, 2022 10 AM - 2 PM
BRAZOS CENTER
3232 BRIARCREST DRIVE**



**HEALTH ASSESSMENTS - SAFETY DEMONSTRATIONS
- BACKHOE RODEO - EDUCATION - FUN & PRIZES**



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)

Friday 7:30 am-3:00pm (open Noon-1pm)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email CityofBryanHealth@joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Michael Stires

Risk Management Generalist

979-209-5054

mstires@bryantx.gov

<https://wellness.bryantx.gov/>