

KEEPING UP WITH PERCY

STAYING SAFE IN THE SUMMER HEAT AND PREPARING FOR HURRICANE SEASON

This summer is shaping up to be a hot one with lots of storms on the way. In this issue, we cover potential new OSHA heat safety rules, storm preparedness, and what you can do to stay safe in a possible emergency situation here in Gainesville.

Recognizing heat stroke and heat exhaustion

“Heat stroke” and “heat exhaustion” may sound similar, but they actually describe two separate stages of heat-related illness. Heat exhaustion is the first stage, which occurs when the body is responding to loss of water and salt, usually due to excessive sweating. Heat stroke is more serious and should be treated as a medical emergency. This occurs when the body can’t control its temperature, which can climb to 106 degrees F or even higher in as little as 10 minutes. **Call 911 if you observe symptoms of heat stroke!**

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

OSHA proposes the first federal heat safety regulations

On July 2, the Occupational Safety & Health Administration (OSHA) released a statement on a new proposition that would help protect around 36 million workers in the US. They mention that “heat is the leading cause of weather-related deaths in the US. Excessive workplace heat can lead to heat stroke and even death.” There were 34 heat-related workplace deaths between 1992 and 2022 on average, but 43 of these deaths occurred in 2022. Outside of the workplace, over 200 people were killed in the United States last year due to heat-related causes.

OSHA proposes that, at minimum, all covered employers must assess the potential for heat illness and establish emergency response procedures with adequate training. Once the heat index reaches a certain threshold, they must take additional actions, including making sure their employees have access to drinking water, shade, and even mandatory breaks if heat indexes climb too high. This proposal has been divisive, as some feel that it addresses a serious and worsening issue, while others argue that the burden placed on employers is too high in both cost and time.

HURRICANE SEASON IS IN FULL SWING



June 1st to November 30th is known as “hurricane season”, due to high activity in the Atlantic basin during this time



There have already been three named storms this year: Tropical Storm Alberto, Hurricane Beryl, and Tropical Storm Chris. Follow these tips to help you weather the storm:

- Have supplies in advance! It never hurts to have a charged power bank and a flashlight, as well as some non-perishable foods. These will come in handy if your power goes out, and you won't have to fight the crowds at Publix when you want some hurricane snacks (or a responsible beverage or two for your day off).
- Stay inside. It's tempting to check out the wind and water, but if strong winds are picking up debris, it can easily come your way in the blink of an eye. You should also remove any outdoor items that could be blown away before the storm hits.
- Stay informed. Sign up for UF Alerts and consider signing up for AlertGNV, which sends alerts for the town. These often include shelter locations and other emergency notifications. If you want to be extra prepared, consider purchasing a battery-powered radio so you can tune into the news if you have no power.
- Evacuate if needed. We're pretty far inland, but if an evacuation order goes out, listen. Have a plan for pets and important items like medication and get on the road ASAP. Evacuation orders aren't given lightly, and it's much safer to drive a few hours or grab a ride with a friend than it is to stay in the path of a life-threatening storm.

For more information on emergency preparedness, visit the links below:

- AlertGNV: <https://www.gainesvillefl.gov/Government-Pages/Government/Emergency-Management>
- UF Emergency Management: <https://emergency.ufl.edu/>

OPPORTUNITIES

Deadline TBA

- UF Cancer Policy Internship - Deadline usually midway through Fall semester. <https://cancer.ufl.edu/education/gradstudents/cancer-policy-internship/>
- Paragon Policy Fellowship - Applications open in August. <https://www.paragonfellowship.org/>
- American Veterinary Medical Association - Applications open in November. <https://www.avma.org/advocacy/get-involved/avma-fellowship-program>
- USAID Science for Development Fellowship - Applications open in August. <https://usaid-sdf.usmax.com/>

Rolling Deadline

- Lloyd V. Berkner Space Policy Internship Program - <https://www.nationalacademies.org/our-work/lloyd-v-berkner-space-policy-internship-program>
- American Statistical Association Science Policy Fellowship - <https://www2.amstat.org/policy/fellowship.cfm>
- Energy Efficiency and Renewable Energy Science, Technology, & Policy Program - <https://www.energy.gov/eere/jobs/energy-efficiency-and-renewable-energy-science-technology-and-policy-program#eligibility>
- Wilson Center Science and Technology Innovation Program Fellowship - <https://www.wilsoncenter.org/internships-the-science-and-technology-innovation-program>
- RAND Technology and Security Policy Fellowship - <https://www.rand.org/global-and-emerging-risks/centers/technology-and-security-policy/fellows.html>

August

- MOST Legislative Policy Fellowship - Deadline to apply is August 5, 2024 at 5:00 PM. <https://mostpolicyinitiative.org/fellows/apply/>
- Congressional Innovation Fellowship - Deadline to apply is August 5, 2024 at 11:59 PM ET. <https://www.techcongress.io/apply>

- American Geophysical Union Community Science Fellowship - Deadline to apply is August 8, 2024. <https://thrivingearthexchange.org/community-science-fellows/>
- Horizon Institute for Public Service Fellowship - Deadline to apply is August 30, 2024. <https://horizonpublicservice.org/programs/become-a-fellow/>

September

- The Christine Mirzayan Science and Technology Policy Graduate Fellowship Program - Applications close on September 9, 2024 at 11:59pm EDT. <https://mirzayanfellow.nas.edu/>

October

- Scoville Peace Fellowship - Deadline for Spring fellowships is October 7, 2024. <https://scoville.org/>
- David A. Winston Health Policy Fellowship - Applications close on October 18, 2024. <https://winstonfellowship.org/health-policy-fellowship/>

November

- The Commonwealth Fund Harkness Fellowship (non-US citizens) - <https://www.commonwealthfund.org/fellowships/harkness-fellowships-health-care-policy-and-practice>

December



- American Physics Society Congressional Science Fellowship - Applications open from September 1 to December 1. <https://www.aps.org/funding-recognition/fellowship/congressional-science>
- IEEE Congressional Fellowships - Deadline to apply is December 9, 2024. <https://ieeepusa.org/public-policy/government-fellowships/#applications>
- Biophysical Society Congressional Science & Technology Policy Fellowship - Deadline to apply is December 13, 2024. <https://www.biophysics.org/policy-advocacy/congressional-fellowship>
- American Physiological Society Early-Career Advocacy Fellowship - Deadline to apply is December 16, 2024. <https://www.physiology.org/professional-development/awards/researchers/early-career-advocacy-fellowship?SSO=Y>

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Contact us:

-  [gator_pase](https://www.instagram.com/gator_pase)
-  pase@bme.ufl.edu

