

## SSC Services for Education Supports Relay For Life Event

SSC Services at Texas A&M Kingsville proudly provided over 40 hours to the successful turn out for the Relay For Life Event held April 22, 2016 on University Blvd. This event hosts about 1,000 participants and honorees. Physical Plant shops: Grounds, Electrical, Night Shift, and Service Crew assisted with setting up lights and tents and providing trash receptacles and bleachers. Auto shop took the time to detail golf carts that were used to transport survivors who were unable to walk the ceremonial first lap.



SSC employee Silver Chapa, Survivor Chairman and Logistics Member, is shown here presenting an award of appreciation to the Physical Plant staff on behalf of the Relay For Life Committee. The event raised \$109,000 for the American Cancer Society.



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# Safety Update

## WARNING EXTREME HEAT!

*Wow! What a scorcher!* You knew it was going to be a hot day but with this humidity it has to be 105° F outside. You reach for that power tool to finish your job and start to feel lightheaded. It's probably because you haven't eaten much this morning. You can make it until lunch!



Time passes and your condition hasn't gotten any better—in fact it's worse! Your breathing has increased, you're sweating profusely, and your mouth is dry. Something's wrong! You start to climb down the scaffolding but you're almost too weak to move. You feel like you're going to be sick. With no control over your movements, you fall to the ground below. The workers above you are trying to get your attention but you can't understand them. You yell, "Help me up guys!" but they don't respond. Can't they hear? All you can see is black...what's happening...?

Heat Exhaustion! That is what's happening. Heat exhaustion can occur when you are subjected to hot environments and fail to take in enough fluids, salts, or both. And even worse, this can lead to a life-threatening condition known as a heat stroke. Sun stroke or heat stroke happens when the body's internal mechanism fails to regulate its core temperature. At this point, the body stops cooling itself through perspiration and can't get rid of excess heat. Unfortunately, the end result can be death if the body temperature isn't lowered immediately! So, especially if you work in hot environments, it's critical to recognize when you're suffering from a Heat Stress Disorder.

## July Celebrations

- National Don't Step on a Bee Day

July 10th we take a moment to remember to care for our bees. Without them our landscapers would have a pretty dull job. Take some time and join SSC in being bee-friendly by minimizing pesticide use and planting native, flowering plants just for your local pollinators.

- World Snake Day

While snakes might not be everyone's favorite outdoor creature, they do a great job at rodent control, so, on July 16th if you can't be excited about snakes, at least appreciate all the mice you aren't seeing around your home and campus.

- Rain Day

Rain has been a cause for celebration for cultures and generations around the world. You don't have to be a farmer to know its value, and you don't have to be a child to know it's fun to splash in puddles. July 29th, if you are lucky enough to have rain celebrate with a little song and dance. If it doesn't happen to rain, have a delicious meal of greens and be thankful.

# Be Cool. Know what you have to do to Beat the Heat!

## SYMPTOMS OF HEAT STRESS DISORDERS:

**Heat Cramps** - Symptoms are painful spasms of the muscles. Heat cramps are caused when workers consume large quantities of water but fail to take in enough salt to replace the salt their body lost through sweating. Tired muscles are most susceptible to cramping.

**Heat Exhaustion** - Symptoms for this disorder are moist, clammy, pale skin; profuse sweating; extreme weakness or fatigue; dry mouth; dizziness; fast pulse; rapid breathing; muscle cramps and nausea.

**Heat/Sun Stroke** - Symptoms are a very high body temperature (104°F or higher); lack of sweat; mental confusion, delirium, or hallucinations; deep breathing and rapid pulse; hot, dry, red or mottled skin; and dilated pupils. Seek medical help at once for this condition.

## TIPS FOR PREVENTION:

**Acclimatization** - Adjust yourself to the heat through short exposure periods followed by longer exposure until your body is accustomed to the heat. It may take 5-7 days of hot weather exposure before the body undergoes changes that make heat more bearable.

**Drink lots of Water/Liquids** - Replenish the fluid that your body is losing through sweating. Not only water, but critical electrolytes such as sodium, potassium and calcium are lost through sweating, so consider using electrolyte drinks to combat heat related disorders.

**Education** - Know the signs and symptoms of heat stress disorders and *act quickly*.

**Use Your Head** - *Do not* ignore possible symptoms of heat stress disorders. If you feel very hot, dizzy, nauseous or if your muscles cramp, stop and cool off! Heat Stress Disorders are serious. Workers who have ignored the symptoms have lost their lives. Humans have an ingenious system for regulating body temperature-a personal, "natural" air conditioner. We sweat, it evaporates through our skin, and we're cooled off. But this personal air conditioner can fail, and often does if we overexert when environmental temperatures are high.



In honor of bees, take some time to add Hyssop to your garden. It comes in a variety of colors and, in addition to attracting bees and birds, it is low maintenance, drought tolerant, and fragrant.



## Update: Muncie Community Schools and SSC Services for Education Expand Partnership

Internship Update from *The Star Press*:

[Click Here for the Full Article](#)

Two students are waking up early and heading to school but not for classes. The SSC pilot high school internship for building trades is in full swing at Muncie Community Schools. Brandon Shepherd, who will be a senior and Addisyn Schick, who will be attending Ball State University this fall are the two youngest members of the SSC Maintenance Team.

The summer internship, developed as a way to encourage youth into trades, has given both Shepherd and Schick an inside, hands-on view. Their days have been everything but routine as they attend administrative meetings, shadow electricians, installing outlets, help with summer deep cleaning, and work with building HVAC heating and cooling systems. Most importantly, they furthering their trade knowledge and developing skills they will carry into the future.

Schick was initially nervous she would spend her days with busy work, but instead everyday was different and presented a new challenge when issues arose and needed to be prioritized and addressed. One week she helped our HVAC technician repair a rooftop chiller, learned the value of preventative maintenance, and performed the acid washing of the unit.

Shephard took particular pride in repairing, refinishing, and bringing new life to these desks at Storer Elementary School. The behind the scenes look into all the varied aspects of Facilities Operations has been a real eye opener.



## SSC Services for Education Pulls Double Duty During and After Powerful Storm



The City of Kingsville, Texas, experienced a devastating storm late evening on May 31st. Approximately 10 inches of rain fell in the area, and three tornadoes hit within the county leaving more than 20,000 people without electricity. Unfortunately, Texas A&M University—Kingsville campus suffered damages as well. Many custodians were held

that evening and instructed to remain inside as to not risk traveling in the intense storm.

Electricity on campus went down that evening leaving the custodians to work in the dark—picking up vast amounts of water seeping into buildings. The campus remained without power for 26 hours. Back up generators, that had been running for 12 hours since the power went out, were beginning to run low on fuel. SSC employees were able to wire the diesel tank pump on site and haul fuel back to the generators in five gallon cans like a “fire brigade.” Grounds crews worked speedily in picking up and disposing debris campus wide. Utility crews pumped 6ft of water out of the boiler plant tunnel and basements (see photo below). The university suffered a

little over \$70,000 in damages., but at the end of the day all of the crews had successfully come together to help the campus, students, faculty, and staff weather the storm.



“ I just wanted to tell everyone how much personal satisfaction I had yesterday working with a wonderful group of folks that were organized to take care of business which meant taking care of campus. From my perspective, everyone chipped in, reacted to changing conditions, and applied their skills to solve problems. It was an excellent exercise in responding to emergency events and I believe everyone involved performed as needed.

Whew, I’m tired just thinking about it. If I ever have a task that seems too big to handle, I want to work with this crew of professionals.

For all you supervisors, please express my appreciation for all that they did to protect, preserve, and repair the campus during this unusual storm event.”



Ralph W. Stephens C.P.M, /  
CTCM

Associate Vice President for  
Administration at Texas A&M  
Kingsville

## Grounds Tip for Your Home

Now is the time to fertilize trees, shrubs, vines, and ground covers if you are following an organic/ IPM program. Ensure that your organic fertilizer is shrub/ tree specific; for example: Espoma makes products such as Holly Tone for acid loving plants, Plant Tone for general foliage, and the list goes on. The key is too make sure the fertilizer you choose is carbon based or recommended by ORMI (Organic Research Management Institute). Another excellent ingredient to look for is crab meal/ grinds as a component. There are many good products that are regionally blended, read the label and smell, yes, smell. You will know immediately.

**-George Bernardon**

**RVP of Grounds Management**

## Update to the Compass Group Support Phone Tree

Compass Support Main Line:  
888-295-7206

Press 2 for IT Helpdesk

Press 4 for Payroll and Accounts Payable

Press 1 For Payroll

Press 1 for Garnishments

Press 7 for SSC specific Payroll Questions

Press # for W2 questions

Press \* to return to the main menu

Press 2 for Account Payable

Press 6 for Wireless Helpdesk

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Give us a call for  
more information or  
email us to submit a  
story for next month's  
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