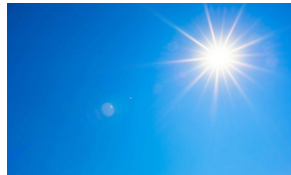




Seasonal Changes are Among Us

As we enter the fall season and the day light begins to dimmish, the MAA Safety Committee wants to send a reminder about certain conditions that are know to impact safety.



As daylight begins to grow shorter it has an impact on various aspects of people's mental health and alertness. Be aware that shortened daylight can impact not only your health but also that of your coworkers. Be extra alert during this transitional time.



Due to the decrease in sunlight, it is a good time to service light plants as well as other light fixtures to ensure adequate illumination.

Make sure to check/replace batteries in headlamps and flashlights.



Be on the watch for an increase in dew on windows, work platforms, walkways, equipment, etc. Dew forms when the object cools down to the dew point temperature. Moisture is constantly circulating throughout the air and will appear on various surfaces as it condenses due to fluctuating dew points and air temperature.



Seasonal allergies cause individuals to experience itchy nose and eyes, watery eyes, runny nose, etc. Those suffering from these symptoms may take allergy medicine to help cope with the systems. Make sure to address additional safety measures that might be warranted with the use of these types of medicine.

COVID-19 or the Fall Allergies

One prominent symptom of COVID-19 is a fever, with over 90% of patients testing positive having one. Fever is not a symptom of allergies. A severe, dry cough is another key symptom of having COVID-19 instead of allergies. While allergies can cause a cough, it will not be as prolonged and severe as it would with COVID-19. Unlike allergies that are ongoing, COVID-19 symptoms often only last for a week or two. It is advised to contact a doctor if you are unsure if you have allergies, the flu or COVID.

