

100 SAFE DAYS OF SUMMER

Staying Safe 24/7

Make your Summer memorable for the right reasons

Family cookouts, kids home from school playing ball with Mom or Dad, long drives to vacation destinations, water skiing, outings to amusement parks...all great experiences of Summer.

But these good things can also be a distraction; ones that we all look forward to but tend to make us want to rush through our day to get to the fun or cause us to return to work fatigued. Even if we know not to rush, our excitement (or fatigue) can be a distraction and lead us to make unsafe decisions if we don't develop safe habits in our daily life.

These can be contributing factors to why there are historically higher frequencies of serious injuries and fatalities at work and home during the Summer months.



Practice Safe Habits 24/7

If we don't practice safe habits to the point that they are instinctive and automatic, it is likely we will make an unsafe decision in response to an unforeseen incident or event.

**Make sure your DEFAULT habits are
SAFE HABITS**



Ask yourself these questions about some of your habits:

- Do you always keep your eyes on the task you are doing?
- Do you always look in the direction where your hands or feet are going before you move them?
- As you exit your car or truck, do you look down where you are stepping out before placing weight on your foot?
- Do you always check your blind spot in the car before changing lanes?
- Do you store things on the floor as you enter the door at home or your work area instead of putting them right away? (potential trip hazard for you or others)
- Do you give yourself enough time to arrive to your destinations or finish tasks so you aren't rushed? (Rushing can lead to unsafe decisions)
- Do you stay alert to your environment and others' actions that may injure you? (speeding driver, co-worker pushing heavy unstable load, a missing machine guard that someone was in too much of a hurry to replace)
- Are you planning your vacation departure or return so you get enough rest before or after?



Safety is not something you can turn on and off when you choose. It's a choice to develop habits that will protect you at work or at home.

Develop safe habits so your Summer is remembered for fun and not tragedy.



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100
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OF SUMMER



The Heat is On

Hydrate - Acclimate - Rest - Be Aware

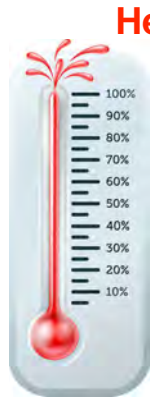
As the heat of Summer increases, the dangers of working outside or inside non-climate controlled buildings also increases. You must prepare yourself at home and at work to prevent yourself from becoming a victim to this environmental stress. Not knowing, not preparing and not taking proper action could lead to a serious heat related injury or death. Heat is an issue at both home and work. What you do at home to prepare (hydration and rest) can affect your body's response to heat at work.

According to the National Institute for Occupational Safety and Health (NIOSH), heat stroke is the most serious heat-related disorder and occurs when the body can no longer control its temperature.

The body temperature can rise to 106° F or higher within 10-15 minutes and heat stroke can cause death or permanent disability if emergency treatment is not provided.

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Heat STROKE (most serious)

Body temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. **Body temperature can rise to 106°F or higher within 10 to 15 minutes.** Heat stroke can cause **death** or permanent disability if emergency treatment is not given.

Heat EXHAUSTION

Body's response to excessive loss of water and salt, usually through excessive sweating. Most prone are **elderly** or have **high blood pressure**. Can also result in **heat cramps**.

Heat RASH

Skin irritation caused by excessive sweating during hot, humid weather. **Most common** problem in hot work environments.

Heat SYNCOPE (faint - light headed)

Usually occurs with prolonged standing or sudden rising from sitting or lying position. Contributing Factors: **Dehydration** and lack of **acclimatization**.

How to identify and help a person under Heat Stress

Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

Symptoms

- High body temperature; Confusion; Seizures; Throbbing headache; Hot dry skin.
- Heavy sweating; Rapid heart beat; Nausea; Fast breathing; Fatigue.
- Muscle cramps, pains, or spasms in the abdomen, arms or legs.

What to Do

- Call supervisor for help.
- Have someone stay with worker.
- Move worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice bags/towels.
- Provide cool drinking water.

↓ See Next Page for
Prevention Tips



Tips to prevent Heat-Related Stress and Injuries

Different levels of methods preventing heat stress exist, ranging from **engineering controls**, to **simple work/rest/home practices**, to **training/acclimatization** and to **hydration**.

- ✓ Increase the frequency and length of rest breaks.
- ✓ Encourage employees adopt the same procedures at home and to get plenty of rest and hydration.
- ✓ Reduce the physical demands of the job, such as excessive lifting, climbing, or digging with heavy objects. Use mechanical devices or assign extra workers.
- ✓ Provide adequate supply of potable water 15°C (59°F) – workers should drink five to seven ounces of cool fluids every fifteen to twenty minutes (Inform and encourage them to do so).
- ✓ Utilize personal cooling devices – ice vests, air or fluid-cooled vests, personal fans.
- ✓ New & returning employees – work half days or spread the 4 hours of activity over 8 hours for at least 5 days.
- ✓ Redesign, relocate, isolate or substitute heat-producing equipment and/or process.
- ✓ Utilize reflective screens, barriers for radiant heat shielding or shaded areas.
- ✓ Provide local exhaust ventilation at points of heat generation and cooling spots within work areas (or rest areas).
- ✓ Monitor weather reports daily and schedule work during the cooler parts of the work shift or on cooler days.
- ✓ Train on the importance of immediately reporting to the supervisor any symptoms or signs of heat-related illness in themselves or in coworkers (i.e. use of a buddy system).
- ✓ Train workers to recognize symptoms of heat stress and take necessary action to reduce/limit their exposure.
- ✓ Train the procedures for responding to symptoms of heat-related illness and contacting emergency medical services.

REMEMBER

Take Time to Acclimatize

Work shorter shifts until your body has adjusted to the heat.

Stay Well Hydrated

Drink often, BEFORE you get thirsty.

Watch for Signs of Heat-Related Illnesses

Designate a buddy and ask how they feel periodically.

Take Time to Rest and Cool Down

Sit somewhere cool, rest and rehydrate frequently.

