



“Your Connection for Workplace Safety”
Phone: 920-208-7520

We're about service, commitment, results, and accountability!

Weekly Safety Tip

Life Is All About Choices!®

July 16, 2017

SCI Safety Tip: The Heat Is On! 6 Tips to Beat the Summer Heat (Part 1)

Source: <http://www.ehs.com>

By: Corey Berghoefer

Date: June 1, 2017



The long, hot days of summer will be here before we know it. In fact, most of the United States is expected to be hotter than normal June through August 2017, according to the National Weather Service's Climate Prediction Center.

That means heat safety should be top priority in any industrial work environment. To keep your talent safe and productive, employers must educate employees and supervisors alike about the potential dangers of heat stress and heat stroke.

Managing the Risk

Heat stress occurs when the body is unable to regulate itself by sweating and the core body temperature rises to critical levels. Heat-related illnesses occur when the body is not able to lose enough heat generated by physical work and external heat sources. It is a medical emergency that can lead to cramps, exhaustion, stroke and in severe cases, death. In 2014, 2,630 workers suffered from heat illness and 18 died from heat stroke and related causes on the job, according to OSHA.

The good news is that heat illnesses and deaths are preventable. A key component of prevention is to provide mandatory breaks, or recovery periods, for employees working when temperatures are high. While OSHA does not define a “magic number” for the temperature

SCI Safety Slogan

**Safety is the key
but it's up to
you and me**



James Lehrke-SCI

threshold, extra precautions should generally be taken any time temperatures exceed 85 degrees. Furthermore, the heat index is a better measure than temperature alone for estimating the risk to workers. The heat index from [OSHA](#) takes both temperature and humidity into account. The higher the heat index, the hotter it feels, and sweat does not evaporate and cool the skin. It's also worth noting that exposure to direct sunlight can actually increase heat index values by up to 15 degrees.

Even the most safety-oriented worker can forget best practices sometimes.

Posting signs around the warehouse or job site as a reminder of the everyday

risks inherent in their jobs, and what workers should be doing to comply with safety regulations, serve a great purpose in keeping the subject top-of-mind.



Tips to Keep Cool

While it is certain that the summer months will bring plenty of sun and high temperatures, there are simple ways to help your employees avoid illness due to heat exposure. Following are six tips to beat the summer heat in the workplace.

1. Drink plenty of fluids. Staying hydrated will help your body perspire and maintain a normal body temperature.
2. Work while it's cooler. If workers spend a substantial portion of the shift outdoors or if heat index levels rise during peak work hours indoors, schedule shifts when the sun is less intense and temperatures are cooler whenever possible.
3. Require mandatory breaks. Downtime in the summer allows workers to cool down in an air-conditioned or shaded area. Follow the break and rest period guidance given by OSHA as Heat Index levels rise.
4. Dress smart. Wearing excess clothing or tight fitting clothing won't allow your body to cool properly. Loose, breathable cotton is best for keeping cool during work summer months. However, appropriate personal protective equipment (PPE) must still be used. Additional breaks may need to be scheduled to account for the strain on the body of wearing additional protection in high temperatures.
5. Protect against the sun. When outdoors, wear a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 30. Apply sunscreen generously, and reapply every two hours – more often if you're perspiring.
6. Be prepared. Stay updated on workplace training and encourage workers to participate in wellness programs that bolster fitness. An active lifestyle helps individuals tolerate heat and sun better.

Continued next week

SCI OSHA Compliance: Protecting Temporary Workers

Source: <http://www.osha.gov>

Employer Responsibilities to Protect Temporary Workers*

To ensure that there is a clear understanding of each employer's role in protecting employees, OSHA recommends that the temporary staffing agency and the host employer set out their respective responsibilities for compliance with applicable OSHA standards in their contract. Including such terms in a contract will ensure that each employer complies with all relevant regulatory requirements, thereby avoiding confusion as to the employer's obligations.

Joint Responsibility

While the extent of responsibility under the law of staffing agencies and host employers is dependent on the specific facts of each case, staffing agencies and host employers are *jointly responsible* for maintaining a safe work environment for temporary workers - including, for example, ensuring that OSHA's training, hazard communication, and recordkeeping requirements are fulfilled.

OSHA could hold both the host and temporary employers responsible for the violative condition(s) - and that can include lack of adequate training regarding workplace hazards. Temporary staffing agencies and host employers share control over the worker, and are therefore jointly responsible for temporary workers' safety and health.



Quick Tips for Healthy Living

Preventing and Treating Mosquito Bites

A lot of us love hot weather. Unfortunately, pesky bugs like mosquitoes also love hot weather — and nibbling on people they can get close to. Their bites can result in itching, but bugs can also carry illnesses they can pass on to you.

Preventing mosquito bites

Here are some steps you can take to reduce mosquitoes' nuisance around your family. Mosquitoes lay their eggs in standing water, so dump water out of things in your yard that can catch and hold water. Change water in kiddie pools at least once a week.

Since mosquitoes are most active around dawn and dusk, those are good times to:

- Cover skin with long pants, long sleeves and socks. If weather cooperates, a hat, light scarf and gloves can also help shield you from the bugs. Mosquitoes can bite through thin clothing, so choose your clothing accordingly.
- Use a spray or lotion insect repellent that has 20 to 30 percent DEET. You could also try a repellent with 20 to 30 percent picaridin, oil of [lemon eucalyptus](#) or IR353. To apply to the face, spray on your hands and then carefully rub it on the face. Take note of age restrictions since repellents can be harmful for babies.

Treating a mosquito bite

If you end up with a bite, don't scratch it. If you break the skin by scratching, an infection can develop. Instead:

- Wash the bite and apply a cold compress or ice pack. A mild corticosteroid cream (such as a hydrocortisone cream) or calamine lotion can be applied to reduce inflammation and itching.
- If there are multiple bites over a larger area, consider taking an over-the-counter antihistamine tablet.

After a bug bite, if you or a family member gets sick or sees a rash or swelling that doesn't go away after a day or two, see your health care professional. It will be helpful for your provider if you can explain where and when you think the bite happened and what may have bitten you.

OSHA has concerns that some employers may use temporary workers as a way to avoid meeting all their compliance obligations under the OSH Act and other worker protection laws; that temporary workers get placed in a variety of jobs, including the most hazardous jobs; that temporary workers are more vulnerable to workplace safety and health hazards and retaliation than workers in traditional employment relationships; that temporary workers are often not given adequate safety and health training or explanations of their duties by either the temporary staffing agency or the host employer. Therefore, it is essential that *both* employers comply with all relevant OSHA requirements.

Both Host Employers and Staffing Agencies Have Roles

Both host employers and staffing agencies have roles in complying with workplace health and safety requirements and they *share* responsibility for ensuring worker safety and health.

A key concept is that each employer should consider the hazards it is in a *position* to *prevent and correct*, and in a position to *comply* with OSHA standards. For example: staffing agencies might provide general safety and health training, and host employers provide specific training tailored to the particular workplace equipment/hazards.

- The key is *communication* between the agency and the host to ensure that the necessary protections are provided.
- Staffing agencies have a duty to inquire into the conditions of their workers' assigned workplaces. They must ensure that they are sending workers to a safe workplace.
- Ignorance of hazards is not an excuse.
- Staffing agencies need not become experts on specific workplace hazards, but they should determine what conditions exist at their client (host) agencies, what hazards may be encountered, and how best to ensure protection for the temporary workers.
- The staffing agency has the duty to inquire and *verify* that the host has fulfilled its responsibilities for a safe workplace.
- And, just as important: Host employers *must treat temporary workers like any other workers* in terms of training and safety and health protections.

What do you think?
Send us an email at:
j1connections@aol.com
See our bold new look

In Loving Memory...
Jessica, Kristin and Nick

