



“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 20, 2015

SCI Safety: Hot weather safety tips

Date: July 17, 2015

Source: <http://host.madison.com/news/hot-weather-safety-tips/article>

Warm temperatures combined with high humidity levels can pose a risk of heat-related illness and death.

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others.

- Infants and children up to four years of age are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

In Wisconsin, generally when temperatures approach or go above 90° F, the following actions are recommended:



SCI Safety Slogan

Obey the orange zone!

SLOWDOWN!

James Lehrke-SCI

- Avoid strenuous activity during the hottest part of the day. If such activity is unavoidable, drink plenty of fluids and take frequent breaks in air-conditioned or shaded areas. Consider monitoring body weight and oral temperature. A weight loss of more than 2 lbs. or an oral temperature above 99° F is cause for concern.
- Do not leave **anyone** - children, disabled individuals, pets - in cars for even brief periods. Temperatures can rise to life-threatening levels in a matter of minutes.
- Make frequent checks on the status of elderly or ill relatives or neighbors. If necessary, move them to an air-conditioned environment during the hottest part of the day.
- To avoid dehydration, a conscious effort should be made to drink more fluids during hot weather. Rapid weight loss may be a sign of dehydration. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar--these actually cause you to lose more body fluid.
- Use fans to increase ventilation. If the temperatures exceed 90° F, instead of having a fan blow hot air in from a window, have the fan blow the hot air to the outside. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness.
- Cool showers, baths, and sponge baths can be used to reduce body temperatures. In addition, wet clothing has a cooling effect.



Resources

- Air Quality Information - Wisconsin Department of Natural Resources (DNR) (exit DHS; PDF, 290 KB)
- Extreme Heat - Centers for Disease Control and Prevention (CDC)
- Extreme Heat and Your Health - CDC
- Heat Index (Apparent Temperature) Chart - National Weather Service chart showing the Heat Index (Apparent Temperature)
- ReadyWisconsin: Heat Awareness
- Preventing Heat Illness in Outdoor Workers - OSHA en Español
- Heat Stress in Outdoor Workers - NIOSH
- Drought information - Wisconsin Department of Health Services

SCI OSHA Quickcard: Work Zone Traffic Safety

Source: www.osha.gov

Employees being struck by vehicles or mobile equipment lead to many work zone fatalities or injuries. Work zones need traffic controls identified by signs, cones, barrels and barriers.

Drivers, employees on foot, and pedestrians must be able to see and understand the proper routes. Construction project managers determine traffic control plans within construction/demolition worksites.

- Traffic control devices, signals, and message boards instruct drivers to follow paths away from where work is being done.
- Approved traffic control devices, including cones, barrels, barricades, and delineator posts are also used inside work zones.

Work Zone Protections: Various concrete, water, sand, collapsible barriers, crash cushions, and truck-mounted attenuators can help limit motorist intrusions into construction work zones.

Flagging: Flaggers should wear high visibility clothing with a fluorescent background and made of retroreflective material.





Aurora Health Care®
Quick Tips for Healthy Living

Healthy Summertime Choices

Summertime gives increased opportunities for outdoor exercise, a widened selection of health-boosting fresh produce, and a chance to renew your energy and spirits. Get the most out of the warmer weather by following these tips for a safe and refreshing summer.

1) Enjoy outdoor exercise opportunities.

With the summer months come warmer weather and more opportunities to be physically active outside. Take a break from the gym to challenge your muscles with different activities and terrains. Hiking, biking, walking, running, gardening, yard work, and rollerblading are all great activities to help you meet the recommended 2 ½ hours of exercise per week. Many communities and companies have outdoor sports leagues during the summer months as well. Consider joining for extra activity in a social setting! Remember to stay well-hydrated when exercising in warm weather by bringing a water bottle with you and drinking from it often. During extreme heat waves, the best time to get outdoor exercise is during the morning or evening, when the weather is cooler.

2) Widen your produce horizon.

Summertime harvests provide an impressive bounty of fresh fruits and vegetables. The array of vitamins and minerals in your diet increases when you select produce of various colors. Fruits and vegetables are also high in fiber and naturally low in fat, with many antioxidant vitamins that help protect against cancer and heart disease. During the summer, try bell peppers, zucchini, summer squash, eggplant, cantaloupe, honeydew melon, strawberries, blueberries, cherries, sweet corn, and a wide range of lettuces. For added health benefit of omega-3 fatty acids, a handful of walnuts makes a great salad topping and also goes well with fruit and non-fat yogurt. Visit a local farmer's market for a summertime treat.

3) Boost your health with aquatic activity.

Swimming in a pool or body of water provides more than just good exercise: water-based activity is gentler on joints than land-based exercise. Helping with arthritis and fibromyalgia symptoms. Always remember sunscreen and reapply after swimming, even if the sunscreen is labeled "waterproof."

This makes employees visible for at least 1,000 feet in any direction.

Check the label or packaging to ensure that the garments are performance class 2 or 3. Drivers should be warned with signs that there will be flaggers ahead. Flaggers should use STOP/SLOW paddles, paddles with lights, or flags (only in emergencies).

Lighting: Flagger stations should be illuminated. Lighting for employees on foot and for equipment operators should be at least 5 foot-candles or greater. Where available lighting is not sufficient, flares or chemical lighting should be used. Glare should be controlled or eliminated.

Training: Flaggers must be trained/certified and use authorized signaling methods.

Driving: Seat belts and rollover protection should be used on equipment and vehicles as the manufacturer recommends.

"Friends are like the walls of a house. Sometimes they hold you up, sometimes you lean on them. But sometimes, it's enough to know they're just standing by."



LinkedIn

What do you think?

Send us an email at: jlconnections@aol.com

See our bold new look

In Loving Memory of Jessica Lehrke

**SAVE TOMORROW
THINK SAFETY TODAY**