



*“Our mission is driven by our passion for people.”*

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

# *Weekly Safety Tip*

*July 23, 2018*

## SCI Safety Tip: Heat Stress

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

Many people are exposed to heat on the job, in both indoor and outdoor heat environments. Operations involving high air temperatures, radiant heat sources (e.g., sunlight, hot exhaust), high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness.

**Indoor workplaces** with hot conditions may include iron and steel foundries, brick-firing and ceramic plants, glass products facilities, electrical utilities (particularly boiler rooms), bakeries, commercial kitchens, laundries, chemical plants, material handling and distribution warehouses, and many other environments.

**Outdoor workplaces** with work in hot weather and direct sun, such as farm work, construction, oil and gas well operations, landscaping, emergency response operations, and hazardous waste site activities, also increase the risk of heat-related illness in exposed workers.

Every year, thousands of workers become sick from occupational heat exposure, and some are fatally injured. **These illnesses and fatalities are preventable.**

When a person works in a hot environment, the body must get rid of excess heat to maintain a stable internal temperature. It does this mainly through circulating blood to the skin and through sweating.

When the air temperature is close to or warmer than normal body temperature, cooling of the body becomes more difficult. Blood circulated to the skin cannot lose its heat. Sweating then becomes the main way the



### ***SCI Safety Slogan***

*Safety isn't  
expensive, it's  
priceless.*

***James Lehrke- SCI***



body cools off. But sweating is effective only if the humidity level is low enough to allow evaporation, and if the fluids and salts that are lost are adequately replaced.

If the body cannot get rid of excess heat, it will store it. When this happens, the body's core temperature rises and the heart rate increases. As the body continues to store heat, the person begins to lose concentration and has difficulty focusing on a task, may become irritable or sick, and often loses the desire to drink. The next stage is most often fainting and even death if the person is not cooled down.

Excessive exposure to heat can cause a range of [heat-related illnesses](#), from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires **immediate medical attention**.

Exposure to heat can also increase the risk of injuries because of sweaty palms, fogged-up safety glasses, dizziness, and burns from hot surfaces or steam.

Workers exposed to hot indoor environments or hot and humid conditions outdoors are at risk of heat-related illness, especially those doing heavy work tasks or using bulky or non-breathable protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions, or if they have certain health conditions. The table below shows some environmental and job-specific factors that increase the risk of heat-related illness.

Factors That Put Workers at Greater Risk	
Environmental	<ul style="list-style-type: none"> <li>High temperature and humidity</li> <li>Radiant heat sources</li> <li>Contact with hot objects</li> <li>Direct sun exposure (with no shade)</li> <li>Limited air movement (no breeze, wind or ventilation)</li> </ul>
Job-Specific	<ul style="list-style-type: none"> <li>Physical exertion</li> <li>Use of bulky or non-breathable protective clothing and equipment</li> </ul>

Workers who are suddenly exposed to working in a hot environment face additional, but generally avoidable hazards to their safety and health. New workers and those returning from time away are especially vulnerable. That's why it is important to prepare for the heat: educate workers about the dangers of heat, and acclimatize workers by gradually increasing the workload or providing more frequent breaks to help new workers and those returning to a job after time away build up a tolerance for hot conditions.

*Continued next week*

## SCI OSHA News: Proposal Regarding Railroad Construction Equipment in Cranes and Derricks Construction Standard

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

Date: July 18, 2018

**WASHINGTON, DC** – Pursuant to a settlement agreement from September 2014 between the U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) and the Association of American Railroads (AAR), OSHA today published a proposed rule regarding railroad construction equipment provisions in the Cranes and Derricks in Construction standard. OSHA’s proposal will maintain safety and health protections for workers, and address employers’ compliance burdens.

The final rule for Cranes and Derricks in Construction was published August 9, 2010. AAR filed a petition challenging certain requirements affecting railroad roadway work equipment. OSHA and AAR negotiated a settlement agreement that requires OSHA to



***Stress and money, money and stress; these two words easily become intertwined.***

Studies show that the best way to deal with any kind of stress is to view it as a challenge and an opportunity. When it comes to money, not talking about it compounds trouble.

Money is involved in every aspect of life, day in and day out. Every time you deal with or even think about money is an opportunity to either avoid or engage. If the threat response is your typical way of dealing with money, that's where you may end up staying. Unfortunately, studies show that remaining stuck in the threat mindset inhibits your ability to solve problems in the moment and, over time, it can negatively affect long term health.

So, what should you do instead?

- Be honest with yourself, don't avoid or ignore money problems.
- Talk about it with your spouse/partner, parents, or any other significant stakeholders you trust.
- Take on the challenge and learn everything you can about your money.
- Consult with a trained and trusted financial professional.
- Call an EAP counselor for additional support.

The quicker you take on the challenge, the less stressed you'll be and the more empowered you'll feel to actually get back on sound financial footing.

propose a rule that will provide clarifications and exemptions affecting work on or along railroad tracks.

Comments to the proposed rule can be submitted electronically at <http://www.regulations.gov>, the Federal eRulemaking Portal. Comments may also be submitted by mail or facsimile. See the [Federal Register notice](#) for details. Submissions must be received by September 17, 2018.

*What is the likelihood of workplace violence at your company or office?*

Every year, 2 million American workers report having been victims of workplace violence. In 2014, 409 people were fatally injured in work-related attacks, according to the [U.S. Bureau of Labor Statistics](#). That's about 16% of the 4,821 workplace deaths that year. Source: <https://www.nsc.org/work-safety/safety-topics/workplace-violence>  
Safety Connections Inc. takes the proactive approach to workplace violence.

Our security division established this year with retired Sheboygan County Sheriff Todd Priebe has helped several local businesses with assessments, training, mediation and conflict resolution.

***Request a Consultation Today!***



<mailto:todd@safetyconnections.com>

*We'd always like your feedback. Let us know what articles you'd like to see!*

*In Loving Memory... Jessica,  
Kristin and Nick*



**Save Tomorrow; Think Safety Today!**