



safety spotlight

June 2017

Welcome to *Safety Spotlight*, an e-newsletter brought to you by the National Safety Council. We hope you find the newsletter of value and we welcome feedback and ideas on topics you'd like to see featured. Please email us at

membershipinfo@nsc.org and put "Safety Spotlight feedback" in the subject line.

5-Minute Safety Talk - Heat Related Illness

Awareness is vital to prevent heat-related illnesses. Effects of overheating can go unrecognized by the victim and often are not well anticipated by safety personnel.

Use this [5 Minute Safety Talk](#) to make workers – and family members – aware of the signs and solutions to heat-related illnesses.

This Safety Talk also is available as a [PowerPoint presentation](#).



Protect Workers from the Effects of Heat



Hundreds of people die and thousands suffer illnesses each year from exposure to natural heat. In addition to athletes, the elderly and young children, those most at risk include individuals who work outdoors.

Heat-related illness can be a concern in any region of the country and during any time of year.

Causes include:

- Air temperature that exceeds body temperature
- High humidity
- Wearing heavy gear or protective clothing

Heat Illness is Preventable

The best way to handle heat stress is to avoid it. Taking a few precautions can make working in the heat less dangerous:

- Avoid direct sun between 10 a.m. and 3 p.m
- Be fully hydrated before starting work and drink water throughout the day
- Use broad-spectrum sunscreen that protects against overexposure to UVA and UVB rays with an SPF of at least 15
- Wear a hat

**About the
National
Safety
Council**



The National Safety Council eliminates preventable deaths at work, in homes and communities, and on the road through leadership, research, education and advocacy. Visit us at nsc.org for up-to-date industry news, information and tools to take your safety program to the next level.

2-Minute Safety Video



As we enter the warmer months, why not start your next safety meeting with this [2-Minute safety video](#) on heat-related illness? It's a great way to get your employees thinking about ways to protect themselves and their coworkers.

**Featured Safety
Poster**

- Wear sunglasses; 99% UV blocking are the best
- Wear light, cotton clothing
- Avoid alcohol and caffeine
- Don't eat a heavy meal before working outside
- Take frequent breaks in an air conditioned shelter
- Check the news for extreme heat alerts

[Centers for Disease Control and Prevention](#) has more on how to stay cool.

Know the Signs

If heat stress does affect an individual, workers who are trained to identify early symptoms, like muscle cramping or rash, can take action before symptoms turn deadly.



[Heat Stroke](#) is the most serious heat-related illness and can lead to death if not treated immediately.

Symptoms include high body temperature, lack of sweating, rapid pulse, hot and red skin, confusion and unconsciousness. Call 911 immediately. Cool the person by immersing in cool water, applying ice to the neck and groin, or covering with wet towels.

[Heat Exhaustion](#) is caused when the body loses too much water and salt. Look for weakness, dizziness, fainting, clammy skin, nausea or vomiting, and a rapid, weak pulse. Provide water or a sports drink (if the victim is not vomiting), have them lie down, cool them with ice or a fan, and seek medical help.

[OSHA has more](#) on different types of heat illnesses and how to react.

What if You Have to Wear Protective Gear?



Construction workers, roofers, road crew, firefighters and others are required to wear personal protective equipment at all times on the job. While it may be tempting to remove those gloves, goggles, reflective vests and hard hats in hot weather, don't. [This fact sheet from OSHA](#) explains why PPE is so important.

While the protection PPE provides is non-negotiable, [this PowerPoint presentation from the CDC](#) advises workers to:

- Establish provisions for a work/rest regimen so employee exposure to high temperatures is decreased
- Develop a heat stress training program for employees
- Identify health conditions aggravated by high heat
- Develop an acclimation program for new employees
- Where possible, purchase PPE in a lightweight, breathable fabric



[Don't Wreck Your Summer](#)

Increased traffic, construction and more teen drivers make summer driving more dangerous. This poster offers summer driving tips.

Featured Webinar



Visit our [Online Learning Library](#) to view our extensive webinar selection. This month's suggested topic: [Integrated Approach to Safety and Overall Wellbeing](#).

Featured Checklist, Tip Sheet and Quiz



Your body is in a constant struggle to disperse the heat it produces, especially when under exertion. Learn how to stay safe during extreme heat with the following: [Summer Safety Checklist Tip Sheet Quiz](#).

Bring Safety Home - Dangers of Hot Cars for Children

On average, 37 children die in hot cars every year in the United States. Incidents spike between Memorial Day and Labor Day, when as many as three children per week die in hot cars. Before you get caught up in the many activities of summer, please take some time to learn about child heatstroke and how to [prevent these senseless deaths](#).



Study



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