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ASPHALT CONTRACTOR™

PREVENTING HEAT- RELATED ACCIDENTS

Every day, in the United States, 11 workers on average are seriously injured or die from heat stress. An unfortunate statistic given that these accidents are 100% avoidable on a construction jobsite. What's more, the Occupational Safety and Health Administration (OSHA) is considering new measures to increase enforcement of these hazards in outdoor and indoor environments.

Prevent a disaster. Keep this poster pinned up and distribute it to your workers to help keep everyone aware of the dangers, and the solutions, to heat-related illness.

KEEP AN EYE OUT FOR HEAT-RELATED ILLNESS!

What to Look For :

HEAT EXHAUSTION

Dizziness or lightheadedness



Thirst and/or heavy sweating



Elevated body temperature or fast heart rate



Irritability



Nausea or vomiting



Weakness or excessive fatigue



HEAT STROKE



Confusion or unconsciousness



Slurred speech

Seizures



Rapid heart rate



Very high body temperature



Heavy sweating or hot, dry skin



HEAT CRAMPS

- Muscle spasms or pain
- Location: legs, arms, or trunk

HEAT SYNCOPE

- Fainting
- Dizziness

HEAT RASH

- Clusters of red bumps on skin
- Location: neck, upper chest, and skin folds

RHABDOMYOLYSIS

- Muscle pain
- Dark urine or reduced urine output
- Weakness

HOW TO TREAT HEAT-RELATED ILLNESSES:

OSHA requires readily available first aid personnel and equipment. First aid for heat-related illness involves the following principles:

- 🔥 Take the affected worker to a cooler area (e.g., shade or air conditioning)
- 🔥 Cool the worker immediately. Use active cooling techniques such as:
 - Immerse the worker in cold water or an ice bath. Create the ice bath by placing all of the available ice into a large container with water, standard practice in sports. This is the best method to cool workers rapidly in an emergency.
 - Remove outer layers of clothing, especially heavy protective clothing.
 - Place ice or cold wet towels on the head, neck, trunk, armpits, and groin.
 - Use fans to circulate air around the worker.
- 🔥 Never leave a worker with heat-related illness alone. The illness can rapidly become worse. Stay with the worker.
- 🔥 When in doubt, call 911!

Confusion, slurred speech, or unconsciousness are signs of heat stroke. When these types of symptoms are present, call 911 immediately and cool the worker with ice or cold water until help arrives.

With a little planning, and knowledge of the signs of heat-related illness, you can keep everyone safe during the hot summer months.

TRAIN FOR PREVENTION:



- ✚ Conduct annual training on heat exposure at company safety days. Share with your workers the type of heat-related illnesses and what to look for.
- ✚ Have regular toolbox talks about heat exhaustion and heat-related safety, especially when temperatures heat up.
- ✚ When hiring a new worker, monitor them closely. During a worker's first few days, absolutely all symptoms should be taken seriously. Workers who develop symptoms should be allowed to stop working. They should receive evaluation for possible heat-related illness.

OTHER JOBSITE TIPS FOR PREVENTION:



- Provide water/sports drinks to employees on the jobsite. Encourage regular breaks.
- Wear light-colored, loose-fitting, breathable clothing.
- Have umbrellas/shading devices on work equipment to protect operators.
- Require mandatory cool-down periods for employees.
- Alter shift times when temperatures reach triple digits.
- Support a "buddy system" for employees, so that if workers start showing signs of heat exhaustion, colleagues recognize the symptoms and take them to a cooler area.
- Switch work to the night hours during summer months if possible to reduce the first-hand effects of direct heat from the sun.
- Provide air-conditioned workspaces and work vehicles.

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