MCWCF
MICHIGAN COUNTIES WORKERS' COMPENSATION FUND

SAFETY NEWSLETTER

SELF INSURED WORKER'S COMPENSATION FUND MEMBERS — June 2019

Life-saving tips to help… BEAT THE HEAT

SUNBURN
Heat stress can be more than a minor inconvenience for those who work in extremely warm conditions. Knowing how to prevent, identify and treat its symptoms can literally save lives.

Symptoms
Red, painful skin (first degree burns)
Blistering and/or peeling (second degree burns)

Treatment
Skin lotions
Topical anesthetics

Prevention
Limit sun exposure on bare skin

HEAT RASH & CRAMPS
Symptoms
Red rash and itching
Hot, moist skin
Normal to slightly high body temperature

Treatment
Ointment

Prevention
Keep skin dry and clean
Loosen clothing
Drink lightly salted liquids (.1% saline)
Seek medical aid if cramps persist

HEAT EXHAUSTION
Symptoms
Heavy sweating
Intense thirst from dehydration
Fatigue, weakness or loss of coordination
Tingling in hands and feet or headache

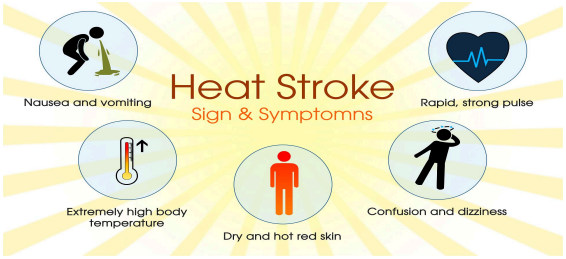
First Aid Treatment
Loosen or remove clothing and boots
Cool the victim as fast as possible
Call 911 if victim becomes faint or is unconscious

HEAT STROKE

Early Symptoms
High body temperature
Hot, red or flushed, dry skin
Headache or dizziness
Confusion or delirium

Advanced Symptoms
Seizure or convulsions
Loss of consciousness
No detectable pulse

Call 911 at the first sign of the above symptoms!



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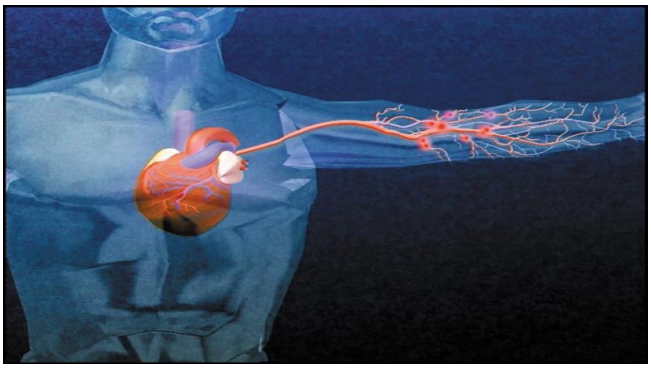
HEAT STROKE

Treatment

Lower the victim's body temperature as fast as possible
Don't give liquids to unconscious victims

Other tips for controlling heat stress

Allow your body to become acclimatized to your surroundings
Follow scheduled work/rest cycles to avoid overexertion
Drink 5-7 ounces of cool water every 15 minutes
Consume a light, cool lunch instead of hot, heavy meals



NOAA's National Weather Service Heat Index Chart:

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity
Caution Extreme Caution Danger Extreme Danger

Extreme of Temperature Example Procedure

Purpose:

This procedure is to assist in identifying times and applications when employees may be under duress from extremes of heat. This is caused by extreme weather conditions in the inside/outside of the facility. The environment which ultimately has an affect on temperature whether or not employees are inside or outside of facility working.

Scope:

This procedure applies to all employees, all shifts, all working days when the outside temperature, (as reported by the bureau of meteorology) reaches a high of 86°F or above.

Reference:

"Work in hot or cold environments" Work-Cover code of practice Training material on Dehydration in the workplace, NOAA, National Weather Service

Procedure:

Monitoring of the daily forecast by the supervisors co-ordinator and the management team will determine a course of action to be taken. Cold water shall be readily available to all employees. If you use Water Coolers please keep in mind they can sometimes become warm due to extremes of temperature and constant usage. Alternatives are to be provided when:

- Monitoring of the outside weather temperatures through the bureau of meteorology signals temperatures of 86° F or above.
- Staff consultation proves that the water coolers are becoming warm.
- Humidity increases and the source of heat cannot be removed.

Under these circumstances, provision of 4-5 Gallons of clean, fresh, iced water will be made with the choice of flavored cordial if desired by employees. This will encourage fluid intake and prevent dehydration and related illnesses.

Steps to consider:

- Monitor temperature, humidity and worker's physical response to hot environmental conditions
- Inform and train employees to recognize symptoms of heat-related illness.
- Provide frequent rest breaks and rotate duties where possible.
- Provide fluids and encourage workers to make up for body fluid lost through sweating. A useful rule of thumb is that workers should drink at least half a liter of water each hour if hot environment results in excessive sweating.
- Provide fresh water supply for washing and external cooling
- Remove heat through exhaust systems or circulation of fans.

Responsibilities:

- It is the responsibility of the Supervisors and the management team:
- To acknowledge when temperatures outside reach 86°F. At that stage iced water and cordial must be made available for all employees.
- Make Employees aware of the fluid placement and encourage them to take in fluid and remain hydrated.
- The EH&S coordinator is to provide constant refresher training through communication meetings and toolbox talks during the summer months.

It is the responsibility of the supervisors and managers:

- To ensure that a reminder goes out if the heat and humidity increases to extreme levels.
- To ensure that employees understand the effects of exposure to hot environments and steps are taken to reduce the risks when and where possible.
- Conduct reminders through toolbox talks and consultation with employees.

It is the responsibility of the employee:

- To take action and be responsible for their own health and wellbeing by increasing fluid intake when necessary.
- To raise concerns with the management if adequate fluids are not available.
- To be aware that consultation is a vital part of the process to ensure the safety of them and their colleagues in line with own duty of care requirements.