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 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 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 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:

<table>
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<tr>
<th>Temperature (°F)</th>
<th>Relative Humidity (%)</th>
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<tr>
<td>80</td>
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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.

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