



HIGH TEMPERATURE + HIGH HUMIDITY + PHYSICAL WORK = HEAT ILLNESS

Now summer's here, OSHA reminds workers to remember this formula and beware of heat illness. Serious heat illness occurs when the body is unable to cool itself through sweating. The most severe heat-induced illnesses are heat exhaustion and heatstroke. If left untreated, heatstroke can be fatal.

What are the Symptoms?

- ◆ Headaches
- ◆ Dizziness or lightheadedness
- ◆ Weakness
- ◆ Mood changes such as irritability, confusion, or the inability to think straight
- ◆ Upset stomach or vomiting
- ◆ Decreased or dark-colored urine
- ◆ Fainting or passing out
- ◆ Pale, clammy skin



If a co-worker is experiencing these symptoms, you should act immediately. Move the person to a cool, shaded area to rest and don't leave them alone. If symptoms include dizziness, lay him or her down and raise the legs up 6 to 8 inches. If symptoms include nausea or upset stomach, then lay him or her on their side. Heavy clothing should be loosened, or if possible, removed. Unless they are nauseated, have them drink a cup of cool water every 15 minutes. Cool their body temperature by fanning and spraying with a cool mist of water or applying a wet cloth to their skin. Call 911 if the person does not feel better after 20 minutes.

4 Steps to Greater Safety

1. **STAY ALERT!** Give work your full attention. Avoid taking shortcuts no matter how many times you've performed the same task or how many years of experience you have.
2. **ASK QUESTIONS!** Ask your supervisor whenever you are uncertain about a substance, a procedure, or particular piece of equipment. If something feels off or wrong, mention it to a higher up, and never let a safety question go unanswered.
3. **FOCUS ON SAFETY PROBLEMS!** Take time to properly identify hazards. Inspect your work area, tools, and materials before you start each job. Anticipate potential problems, and you'll be better prepared to deal with problems when they arise.
4. **ELIMINATE HAZARDS!** Take responsibility for your own safety. Follow rules and procedures, and use PPE. Keep your work area orderly and report hazards.

Suggestion Box

Report hazards anonymously! Go to: www.ycparmia.org/, and click on the menu option entitled "Anonymous Safety Box". We forward all submissions, as written, to the appropriate entity's safety committee for their consideration and action.



Are You Bringing Chemical Hazards Home?

Without realizing it, you could be taking hazardous workplace chemicals home with you and be creating an unintended danger for your family. Carelessness with workplace chemicals can put your family members at risk, and children and pregnant women are more susceptible to toxic chemicals than healthy adults. Your home can become contaminated by:

1. **WORK CLOTHING:** Chemical residue on your clothes and shoes can rub off onto furniture and carpets. If work clothes are laundered with the family wash, everyone's clothes can become contaminated.
2. **TOOLS & EQUIPMENT:** Chemicals can also adhere to tools and equipment. By bringing them home, even just into the garage, you can spread chemical contamination to your family.
3. **OTHER ITEMS:** Boxes, bags, rags, metal drums, or scrap lumber from work can be contaminated and can cause serious or even fatal poisoning of family members.
4. **YOUR BODY:** If you work with or around hazardous chemicals and you don't wash carefully and thoroughly before leaving work, you may be bringing home those chemicals on your hair, hands, and skin.

In order to prevent home contamination, always change out of contaminated clothing and wash yourself thoroughly with soap and water before heading home. If possible, leave soiled clothes at work to be laundered. Store street clothes separate from work clothes and far from chemical contaminants, and don't bring home anything from work that could be contaminated.

Chemical Safety

If you're skeptical about how hazardous chemicals can be, read about these real accidents investigated by the U.S. Chemical Safety and Hazard Investigation Board:

☞ When employees mixed chemical wastes in a 55-gallon drum, an uncontrolled chemical reaction between the chemicals produced a large amount of vapor that exploded, seriously damaging the building and injuring 17 employees and 14 members of the public. Had OSHA hazardous waste regulations been followed the accident could have been prevented.

☞ One employee was killed and eight others injured when a spark from welding equipment ignited vapors in a sulfuric acid tank. Tons of the powerful corrosive were also released into the environment. This accident could have been avoided had the potential risks of performing hot work under the existing conditions been appreciated and proper precautions taken.

☞ As two tank trucks were unloading a highly volatile waste material into a collection pit, a flammable vapor cloud formed in the unloading area. The vapor was then drawn into the air intakes of the trucks' diesel engines, causing the engines to race and backfire. The flammable cloud ignited. Two employees were killed and two severely burned. The accident could have been prevented had the hazards been recognized and the chemical wastes handled properly.