

YCPARMIA Safety Journal

YCPARMIA's Mission Statement:

To protect the members' resources from the impact of loss through a program of insurance coverage, prevention, education, training, and service.



May 2016

Heat Illness Prevention

Cal-OSHA requires California employers to take these four steps to prevent heat illness:



The work can't get done without them.

- Training:** Train all employees and supervisors about heat illness prevention.
- Water:** Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8 ounce glasses of water per hour, and *encourage them to do so!*
- Shade:** Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes as needed. **They should not wait until they feel sick to cool down.**
- Planning:** Develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard.

YCPARMIA's website (www.ycparmia.org) contains a sample Heat Illness Prevention Plan safety policy which our members may use, along with several heat stress related videos!

CHECK THIS OUT

Free Downloadable Heat Illness Prevention Pocket Guide (available in both English and Spanish):

https://www.dir.ca.gov/dosh/dosh_publications/HeatIllnessEmployeeEngSpan.pdf.

High Heat + High Humidity + Physical Work = Heat Illness

Now that summer's here, Cal-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 clearly
- 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.

Safety Training

YCPARMIA offers a wide variety of instructor-led trainings for our members.

Tom McGuire is YCPARMIA's Loss Prevention Analyst and a Certified Safety Professional. Tom can answer your questions on workplace health and safety, Cal-OSHA regulation concerns, and perform ergonomic evaluations. He is also qualified to teach First Aid & CPR and other safety trainings.



Other than CPR trainings, all classes are scheduled as needed and are generally provided at your worksite. If you'd like to schedule a class, please contact Rebecca at rdonoho@ycparmia.org.

Here are a few of the courses we offer; additional topics may be added to meet your needs.

Training By Request:

- Arc Flash Awareness (NFPA 70E)
- Aerial Lift (Bucket Trucks)
- Back Safety
- Bloodborne Pathogens
- CA Government Code Compliance
- Confined Space Entry
- Contract Risk Transfer
- Electrical Safety
- Ergonomics
- Fire Prevention
- Fire Extinguisher Use
- Forklift Driver Certification
- HazMat First Responder
- Hearing Conservation
- Heat Illness Prevention
- Liability Principles
- Personal Protective Equipment
- Poison Oak
- Respiratory Protection
- Sexual Harassment Training (satisfies AB1825)
- Scissor Lifts
- Workplace Violence