HEAT ILLNESS

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries.

While heat illness is largely preventable, and commonly under-reported, thousands of workers are sickened each year by workplace heat exposure. Despite widespread under-reporting, The 2021 CJI/NPR analysis of federal data found that nearly four dozen California workers died from heat stroke and other heat-related and at least 2,410 others suffered serious injuries and illnesses.

Tips for Preventing Heat-Related Illness

◊Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.

◊Stay Cool Indoors, where possible

◊Wear Sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun

◊Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

◊Know the Signs: Learn the signs and symptoms of heat-related illnesses and how to treat them.

Resources for Heat Illness:

https://www.cdc.gov/disasters/extremeheat/heattips.html

https://www.cdc.gov/disasters/extremeheat/warning.html

VEHICLE HEAT

It seems like yesterday we were trying to keep warm and dry; well, say goodbye to the umbrellas and jackets as summer is just around the corner. Even though many of us work from home, some must still get into our vehicles. That being said, we should be aware of the dangers of heat emergencies when entering our vehicles. Did you know that within 20 minutes of being parked in the sun, a car heats almost 30 degrees Fahrenheit (F) more than the outside air temperature? Within one hour, the temperature inside the car will be about 45 degrees F, hotter than the outside temperature. So on an August day when it's 105, the inside of your car could reach a sizzling **150 degrees! "**

Below are some tips to consider when entering or exiting your car on hot spring and summer days:

1. Use a sunshade or window visor. This tried-and-true method of keeping your car cool should be your go-to option to counteract hot interior temps throughout the summer. Put up a sunshade or window visor every time you exit your car for more than a few minutes. Keep it even cooler for long periods by putting a sunshade in your rear window as well.

2. Use a dash cover. A fabric or upholstered dash cover can go a long way toward making your car's interior more comfortable. You won't feel as overwhelmed by the heat if you don't have to touch hot vinyl surfaces. Dash covers also protect sensitive vinyl from sun damage that can cause cracking and fading.

3. Cover your steering wheel with a hand towel. Even if you use a sunshade, covering your steering wheel with a small towel is a good idea. This will help to keep the contact temperature of your steering wheel down.

4. Park in a shady area. Whenever possible, park in a shady area. If you're going to be somewhere for an extended period of time, it's worth it to walk a bit farther in order to park in the shade. You'll be happy to enter a not-so-hot car when you return from your day out.

5. Keep your precious possessions out of the sun. Any tapes, CDs or delicate items that you keep in your car should be stored out of the path of direct sunlight. Try storing your tape and CD cases underneath the seat. You can also throw a blanket over your precious possessions. If you can't find a place in your car that will conceal heat-sensitive goods, consider placing them in the trunk.

6. Park in a garage when possible. Whenever possible, park in a garage. Your car will be out of direct sunlight and benefit from near-constant shade. Even a warm garage beats being parked in the sun all day.

7. Keep windows slightly cracked. While it's not a good idea to leave your windows all the way open, it is a good idea to leave them slightly cracked. Check to be sure that you can't fit your arm through the crack in your window. Even a small crack will promote ventilation and help to keep your car cool.

8. Leave your doors open before getting in. Before jumping into your hot car, leave the doors open for a few minutes. This will help the hot air exit and the cool air enter.

VEHICLE HEAT

Other tips:

- Be aware of your seatbelt buckles. Most seatbelt buckles are metal. If they touch your arm, hand, leg, or any other body part when hot, they cause skin burns.
- If your car has air conditioning, open all windows when the vehicle is in motion to purge out that hot, stagnate air for 1-2 minutes before using it.
- If your car is equipped with a remote start system, use it!
- If you can, invest in a good window tint. In addition to protecting your car's interior, tints can reduce the internal temperature by up to 10 degrees.
- Never under any circumstance leave children, special-needs persons, the elderly, or pets unattended in a car.

How quickly a car heats up

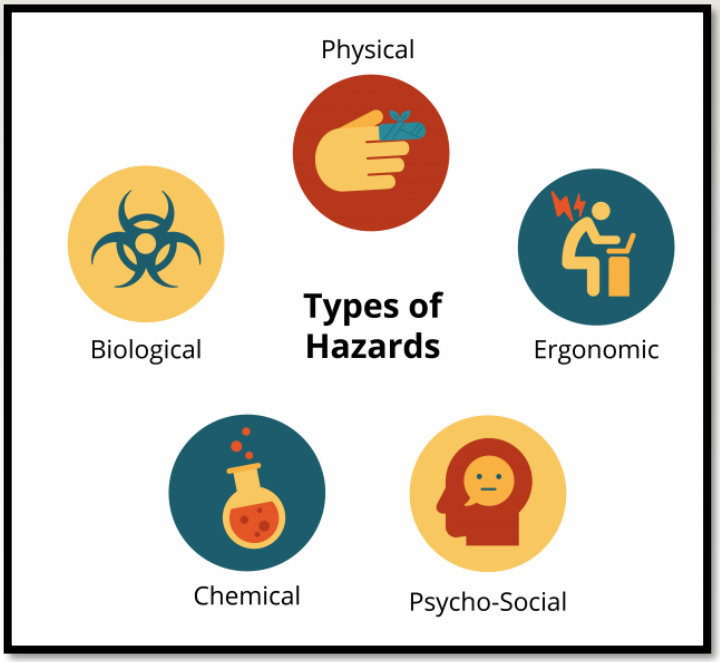
	Outside air temperature					
Minutes passed	70 °F	75 °F	80 °F	85 °F	90 °F	95 °F
10 min.	89 °F	94 °F	99 °F	104 °F	109 °F	114 °F
20 min.	99 °F	104 °F	109 °F	114 °F	119 °F	124 °F
30 min.	104 °F	109 °F	114 °F	119 °F	124 °F	129 °F
40 min.	108 °F	113 °F	118 °F	123 °F	128 °F	133 °F
50 min.	111 °F	116 °F	121 °F	126 °F	131 °F	136 °F
60 min.	113 °F	118 °F	123 °F	128 °F	133 °F	138 °F

Internal car temperature

Source: Jan Null, CCM (Certified Consulting Meteorologist); Department of Geosciences; San Francisco State University

INSIDER

HAZARD RECOGNITION AND AWARENESS



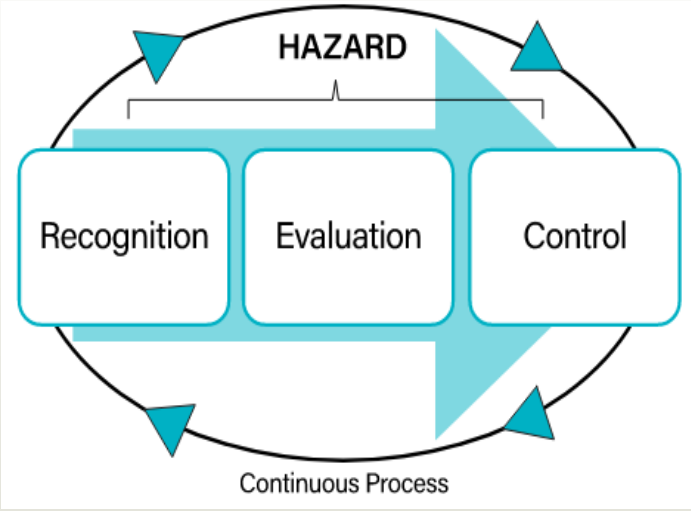
One of the "root causes" of workplace injuries, illnesses, and incidents is the failure to identify or recognize hazards that are present, or that could have been anticipated. A critical element of any effective safety and health program is a proactive, ongoing process to identify and assess such hazards. Hazard Recognition is one of the eight required elements in an Injury and Illness Prevention Program as required by Section 100 of the County Safety Manual and Title 8 of the California Code of Regulations (GISO 3203) and is enforceable by Cal-OSHA.

Hazard identification is part of the process used to evaluate if any particular situation, item, thing, etc. may have the potential to cause harm. Hazard Identification involves the identification of hazards and risk factors that have the potential to cause harm, the analysis, and evaluation of the risk associated with that hazard and the determination of appropriate ways to eliminate the hazard or control the risk when the hazard cannot be eliminated.

"Any practice or situation that occurs in an occupational setting and has the potential to cause bodily or mental harm or poses any other risks to the health of one or more workers constitutes a workplace hazard. Hazards can be classified by categories such as:

- Biological – bacteria, viruses, insects, plants, birds, animals, and humans, etc.,
- Chemical – depends on the physical, chemical and toxic properties of the chemical,
- Ergonomic – repetitive movements, improper set up of computer workstation, etc.,
- Physical – radiation, temperature extremes, pressure extremes, noise, etc.,
- Psychosocial/security – stress, violence, etc.,
- Safety – slip/trip/fall hazards, missing machine guarding, equipment malfunctions or breakdowns.

These are just a few of the types of hazards that exist in the workplace. When people come in contact with these hazards injury and/or illness may occur. Workplace injury and illness can be prevented if Supervisors and employees are made aware of hazards, conduct regular self-inspections and eliminate or control hazards.



May- 2024

HEAT REALATED ILLNESS SYMPTOMS & SIGNS

Heat-Related Illnesses

Several heat-related illnesses can affect workers. Some of the symptoms are non-specific. This means that when a worker is performing physical labor in a warm environment, any unusual symptom can be a sign of overheating.

Heat-Related Illness	Symptoms and Signs	
Heat Stroke	• Confusion • Slurred speech • Unconsciousness • Seizures	• Heavy sweating or hot, dry skin • Very high body temperature • Rapid heart rate
Heat Exhaustion	• Fatigue • Irritability • Thirst • Nausea or vomiting	• Dizziness or lightheadedness • Heavy sweating • Elevated body temperature or fast heart rate
Heat cramps	• Muscle spasms or pain	• Usually in legs, arms, or trunk
Heat syncope	• Fainting	• Dizziness
Heat rash	• Clusters of red bumps on skin	• Often appears on neck, upper chest, and skin folds
Rhabdomyolysis (muscle breakdown)	• Muscle pain	• Dark urine or reduced urine output • Weakness

Employers and workers should become familiar with the heat symptoms. When any of these symptoms is present, promptly provide first aid. Do not try to diagnose which illness is occurring. Diagnosis is often difficult because symptoms of multiple heat-related illnesses can occur together. Time is of the essence. These conditions can worsen quickly and result in fatalities.

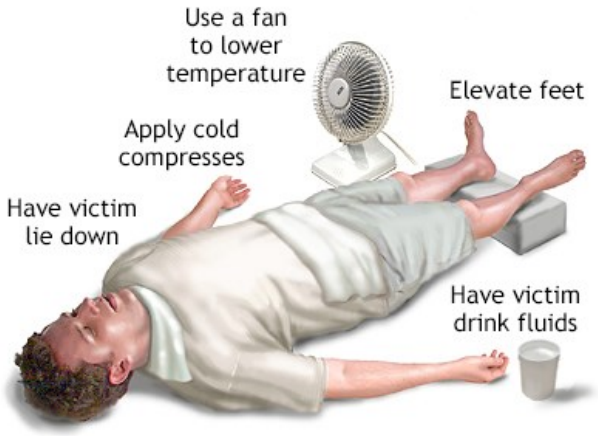
When in doubt, cool the employee and call 911.

HEAT-RELATED FIRST AID

First Aid

OSHA's Medical Services and First Aid standard and the Medical Service and First Aid in Construction require the ready availability of first aid personnel and equipment. First aid for heat-related illness involves the following principles:

- Take the affected employee to a cooler area (e.g., shade or air conditioning).
- Cool the worker immediately. Use active cooling techniques such as:
- 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.
- 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.
- Never leave a employee with heat-related illness alone. The illness can rapidly become worse. Stay with the employee.



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.

Employees who are new to working in warm environments are at increased risk of heat-related illness. See the Protecting New Workers section of this website for more details. Especially 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.

Workplace Violence Survey

To ensure all employees have an opportunity to be involved and share their thoughts regarding the County and Workplace Violence, we ask that you please participate in the linked survey.

To better serve you, and the Departments, the Safety Loss Control Division will be collecting this information to gain an understanding of any Workplace Violence concerns or potential Workplace Violence hazards throughout the County.

Please click the link below and provide feedback regarding the County's Workplace Violence Program. If you have any additional questions regarding this, please contact us at:

(951) 955-3520 or SafetyDivision@rivco.org

https://www.surveymonkey.com/r/FHMWK9L

SURVEY LINK

https://www.surveymonkey.com/r/FHMWK9L