



In the course of a day's work in the heat, a worker may produce as much as 2 to 3 gallons of sweat. Because so many heat disorders involve excessive dehydration of the body, it is essential that water intake during the workday be about equal to the amount of sweat produced. Most workers exposed to hot conditions drink less fluids than needed because of an insufficient thirst drive. A worker, therefore, should not depend on thirst to signal when and how much to drink. Instead, the worker should drink about one cup of fluid every 15-20 minutes to replenish the necessary fluids in the body

After a relatively mild Spring, Summer has finally arrived in Southern California. Temperatures are rising and many of us are not only spending time outdoors performing our normal working activities but more time is spent enjoying outdoor recreational activities, as well.

## So.....What should I drink for optimal hydration?

With the higher temperature, there is an increased risk of dehydration when the body loses water faster than it should. Be alert for signs of dehydration. These symptoms include:

- |                                   |                    |
|-----------------------------------|--------------------|
| * Fatigue                         | * Dizziness        |
| * Dark-colored or decreased urine | * Heat intolerance |
| * Loss of appetite                | * Dry cough        |
| * Dry mouth/throat                | * Light-headedness |
| * Flushed skin                    |                    |

Working outside, playing ball or hiking a trail, you'll need to drink water. Keep a bottle of water close at hand, especially during the Summer. Sports drinks may be appropriate when you're physically active but remember that some have high levels of sugar, salt and potassium. Fruit juices, high in carbohydrates, should be diluted with water to assist in hydration.

## What should I avoid?

Coffee, tea, caffeinated sodas and highly sugared drinks are **not** recommended for hydration. These beverages can actually promote dehydration and can make symptoms worse, rather than replenishing badly needed fluids.

## How to Avoid Dehydration

Don't wait until you feel thirsty to drink water. Under normal conditions, an adult should drink about two liters of water each day to stay hydrated, and in extreme temperatures, two to four 8-ounce glasses of cool fluid an hour will help keep you hydrated and decrease the risks for heat exhaustion or heat stroke.

For more information on hydration and managing heat stress, please visit the following websites:

[http://www.osha.gov/OshDoc/data\\_Hurricane\\_Facts/heat\\_stress.pdf](http://www.osha.gov/OshDoc/data_Hurricane_Facts/heat_stress.pdf)



# Heat Stress

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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. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.

Workers at risk of heat stress include outdoor workers and workers in hot environments such as firefighters, bakery workers, farmers, construction workers, miners, boiler room workers, factory workers, and others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

Prevention of heat stress in workers is important. Employers should provide training to workers so they understand what heat stress is, how it affects their health and safety, and how it can be prevented.



## Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

### Symptoms

Symptoms of heat stroke include:

- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech
- Hot, dry skin or profuse sweating
- Hallucinations

### First Aid

Take the following steps to treat a worker with heat stroke:

- Call 911 and notify their supervisor.
- Move the sick worker to a cool shaded area.
- rapidly cool the worker using methods such as:
  - Fanning their body.
  - Spraying, sponging, or showering them with water.
  - Soaking their clothes with water.
  - Immersing up to the neck in cold water



## Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

### Symptoms

Symptoms of heat exhaustion include:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature

### First Aid

Treat a worker suffering from heat exhaustion with the following:

- Have them rest in a cool, shaded or air-conditioned area.
- Drink fluids gradually (4oz. Every 15min.) Water best choice.
- Have them take a cool shower, bath, or sponge bath.

## Heat Syncope

Heat syncope is a fainting (syncope) episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include

### Symptoms

Symptoms of heat syncope include:

- Light-headedness
- Dizziness
- Fainting

### First Aid

Workers with heat syncope should:

- Sit or lie down in a cool place when they begin to feel symptoms.

## Heat Cramps

Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

### Symptoms

Muscle pain or spasms usually in the abdomen, arms, or legs.

### First Aid

Workers with heat cramps should:

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention if any of the following apply:
  - The worker has heart problems.
  - The worker is on a low-sodium diet.
  - The cramps do not subside within one hour.

## Recommendations

Employees should avoid exposure to extreme heat, sun exposure, and high humidity when possible. When these exposures cannot be avoided, workers should take the following steps to prevent heat stress:

- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Avoid non-breathing synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks in extreme heat and humidity.
- Take breaks in the shade or a cool area when possible.
- Drink water frequently. Drink enough water that you never become thirsty.
- Avoid drinks with caffeine, alcohol, and large amounts of sugar.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.
- Monitor your physical condition and that of your coworkers.

Continue from page 2

# Heat Illness Changes 2015



February 19th 2015, the California Occupational Safety & Health Standards Board approved changes to the state's Heat Illness Prevention (HIP) Regulations (Cal. Code of Regs. tit. 8, § 3395). The board intends to request that the revisions be made effective May 1, 2015, so that the changes are in place prior to the upcoming heat season.

Here is a summary of the HIP regulation revisions:

## **Water:**

"Fresh, pure, suitably cool" water must be located **as close as practicable** to where employees are working, with exceptions when employers can demonstrate infeasibility.

## **Shade:**

Must be provided when temperature reaches **80° F** (current threshold is 85° F), and accommodate all employees on recovery or rest periods, and those taking onsite meal periods.

## **"Preventative cool-down rest":**

Employees must be 1) monitored for symptoms of heat illness; 2) encouraged to remain in the shade; and 3) cannot be ordered back to work until symptoms are gone. Employees with symptoms must be provided appropriate first aid or emergency response.

## **High-heat procedures:**

Trigger remains at **95° F**. Employer must ensure "effective" observation and monitoring, including a mandatory buddy system and regular communication with employees working by themselves. **During high heat**, employees must be provided with a minimum **10-minute cool-down period every two hours**. This means that employees must be given an extra 10-minute rest period for workdays longer than 8 hours during high heat periods.

## **Emergency response procedures:**

Requires effective communication; response to signs and symptoms of heat illness; and procedures for contacting emergency responders to help workers in distress.

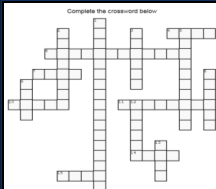
## **Acclimation procedures:**

Employers must closely observe all employees during a heat wave (80° F). New employees must be closely observed for their first two weeks on the job.

Employers will have to revise their heat illness programs and train employees prior to April 1, assuming the Office of Administrative Law approves the Standards Board's request for an early effective date. Normally, the changes would be effective July 1. Western Growers will update members when the effective date is officially announced.

# Feb - Safety Crossword -

## ANSWERS



Across		
4	Compliance inspector must follow how many steps?	FIVE
6	things that keep you from doing your job behind the wheel	Distraction
7	Aggressive driving can lead to potential road _____ problems	RAGE
10	Don't _____ with an inspector	ARGUE
11	You will get a ticket for it	SPEEDING
14	School bus red lights are flashing on your side of the road you should	STOP
15	Give yourself plenty of _____ to get there	TIME
Down		
1	A thing you do not want to be behind the wheel	Aggressive Driver
2	Its ok before the big game, but not on the roads	Tailgate
3	Ignore gestures and refuse to _____ them.	Engage
5	Safety Division representative should be present at the opening conference and ?	Inspection
8	60% of speed-related crashes involved a _____ vehicle.	Single
9	Did you forget to turn off your _____ signal?	Turn
12	Keep notes, _____, and records during the visit	Photos
13	How long will an inspector wait for a member of management?	Hour

TRY OUT ONE OF OUR ONLINE CLASSES.... CHECK YOU PC BEFORE YOU SIGN UP!

Classes offered... Drivers Training / Repetitive Motion Injury / Employee Workplace Violence

Below is a WebEx "System Test" along with a link to system requirements. Please trouble shoot logon issues before the session by performing the test below. If you experience issues during the test please contact your IT representative.

### System Test

The Test Meeting will be for the latest WebEx Meeting Center train version.

This is only a test to see if your computer can successfully join in to a Meeting Center session.

There is no test for joining Event Center or Training Center sessions, but generally if you can join using Meeting Center, you can join those other session types as well.

You cannot view any shared content or join an audio conference in the test.



### Solution:

If you would like to join a test meeting:

Click on the following link to access a test meeting:

<http://www.webex.com/test-meeting.html>

Enter your Name and Email Address, then click Join.

Your test meeting will load:

This is followed by a dialog box stating 'The host has not yet joined the meeting'.

Click OK to close the dialog box.

At this point, you have joined successfully, and the WebEx Meeting Center client for the test meeting is successfully installed.

Click on the File menu, and choose Leave Meeting.

This will close the test meeting.

### System Requirements

[What are the Minimum System Requirements for WebEx?](#)