



Safety Newsletter

July 2018

WATER BASICS



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.

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.

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.

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.dir.ca.gov/dosh/heatillnessinfo.html>



Water helps your body:

- * Keep your temperature normal
- * Lubricate and cushion joints
- * Protect your spinal cord and other sensitive tissues
- * Get rid of wastes through urination, perspiration, and bowel movements

If you think you are not getting enough water, these tips may help:

- * Carry a water bottle/flask for easy access when you are at work or running errands.
- * Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- * Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories.
- * Choose water when eating out. Generally, you will save money and reduce calories.

Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

Heat Illness Prevention: OUTDOORS

1 ACCESS TO WATER

- Potable drinking water
- Maintain, at all times sufficient quantities of pure cool potable water
- Encourage the frequent drinking of water
- Care must be taken to prevent contamination of water
- Implement & maintain effective replenishment

2 ACCESS TO SHADE

- Have and maintain one or more areas of shade at all times, when employees are present
- Shade should be as close as possible to work area
- Provide enough shade to accommodate on recovery & rest periods
- Must have access at all times

When the temperature does not exceed 80° F, provide timely access to shade upon request

3 WEATHER MONITORING

- Supervisors should track the weather of the jobsite (using a thermometer)
- Weather information will be used to modify work schedule, increase number of water and rest breaks or cease work early if necessary

4 HIGH HEAT PROCEDURES

Industries covered by this subsection:

Agriculture, Landscaping, Transportation, and delivery of heavy materials

- Observe employees for alertness and signs & symptoms of heat illness
- Mandatory buddy system / Regular Communication
- Designate one or more employees to call for emergency services
- Hold pre-shift meetings on prevention

WHEN TEMPERATURE EQUAL'S OR EXCEED'S 95°F

5 EMPLOYEE & SUPERVISOR TRAINING

Ensure employees are trained before beginning work on anticipated heat illness concerns. Include the following in training;

- The environmental and personal risk factors for heat illness, as well as the added burden of heat load on the body
- Importance of frequent consumption of small quantities of water
- Different types of heat illness, common signs and symptoms; and appropriate first aid or emergency response
- Knowledge that heat illness may progress rapidly

6 WRITTEN PROCEDURES

As long as they are effective, your Heat Illness Procedures can be integrated into the IIPP.

Maintain the procedures on site or close to the site, so they can be made available to employees and representatives of Cal/ OSHA upon request.

- Detail how your department will:
- Provide access to water & shade.
- Monitor the weather.
- Institute high heat procedures (If applicable)
- Address acclimatization methods and procedures.
- Train all employees and supervisors.
- Respond to heat illnesses without delay, provide first aid and emergency services.



If further assistance is needed
Contact the Safety Division

951-955-3520

Golf Cart Safety– Training Program

Employees driving and riding in golf carts are not an unusual sight in many county departments. Golf carts are used to deliver mail, interoffice supplies, and even tools and equipment at worksites. They are also an efficient means of transportation for groundskeepers, maintenance workers, and staff at large campuses.

Golf carts are involved in a number of accidents each year, resulting in personal injury, death, and property damage. Common accidents include cart overturns, collisions, falling off the cart, and people being struck or run over by a cart. There are specific guidelines that should be followed for safe operations of golf carts.

While it is the responsibility of the individual departments to have written policies and procedures to manage, and maintain equipment, and ensure employees operate the carts in a safe manner, below are basic rules of operating golf carts. Supervisors are responsible for designating which employees in their departments are authorized to operate golf carts. Please note: the following safety procedures may not include all safety precautions, therefore, departments shall ensure the golf cart owner's manual is strictly adhered to.

Golf Cart Safety Procedures

- The maximum speed of a golf cart depends upon the terrain over which it is being driven, the weather conditions, and the total weight of the golf cart and passengers and any material being carried
 - Inspect the vehicle prior to use (at least daily) using the operator's checklist. Vehicle features to check include: tire inflation, cuts or punctures on tires, steering, forward and reverse gears, the horn, and brakes
 - If the golf cart is in need of repair or maintenance, the unit should be taken out of service
 - Never drive recklessly or joy ride. Drive courteously. Obey all vehicle traffic laws and rules of the road
 - Avoid distractions while operating the golf cart just as you would in an automobile. Be safe and attentive—avoid texting or using your cell phone, reading while driving, or eating, etc.
- Operators may not wear headphones or headsets while operating golf carts
 - **A golf cart should not be operated with more passengers than it is designed to carry**
 - All golf carts should have seat belts for the operator and each passenger, and each person riding in the golf cart will be restrained by a safety belt when equipped with seat belts
 - **Do not allow anyone to ride standing in the vehicle or on the back platform of the vehicle. Do not put vehicle in motion until all passengers are safely seated inside the vehicle**
 - Operate vehicle from the driver's side only
 - All occupants in the golf cart shall keep hands, arms, legs, and feet within the confines of the golf cart at all times when the cart is in motion
 - Pedestrians always have the right-of-way. If the golf cart is being operated on a sidewalk, the operator should pull off the sidewalk or stop the unit when approaching pedestrians
 - When the golf cart is not in use, the operator will place the golf cart control lever in the "Neutral" position, set the parking brake, and remove the key
 - Golf carts must never be parked where they will block emergency equipment, pedestrian aisles, doorways, intersections, or the normal traffic flow



Report any accident or damage to your supervisor immediately.