



First Aid for Heat-Related Illnesses

Summer is here; do you know basic first-aid procedures for heat injuries? As a construction worker, it's likely that you will be working outside where temperatures will reach the high 90s or even low 100s. When you work in the sun, pay particular attention to how you feel under the effects of heat, and humidity. When you work tirelessly or carelessly in the summer heat, you are setting the stage for an accident or a heat-related illness.

Heat-related illnesses are a real danger during the hot months of summer. Don't take a "don't worry, you'll get used to the temperature" attitude.

Heat Stroke, or hyperthermia, is a life-threatening medical emergency that occurs when the body overheats and internal systems begin to shut down. Some of the signs and symptoms of heat stroke include hot, dry skin, rapid pulse and breathing, weakness, dizziness, strange behavior or hallucinations, unconsciousness, or any combination of these symptoms. If a victim's normal temperature is not quickly restored, the individual will die or be permanently disabled. All heat stroke victims need immediate medical treatment. If you suspect heat stroke: call 911. While you're waiting for paramedics to arrive, cool the victim by fanning, removing heavy clothing, and/or wetting his or her clothing.

Heat Exhaustion occurs when the body's heat-control mechanism is overactive. Signs and symptoms may include heavy sweating, intense thirst, cool and moist skin, weak and rapid pulse, fatigue, loss of coordination, or any combination

of these symptoms. First-aid treatment includes moving the person to the shade, loosening clothing, elevating the legs, and cooling the victim by applying cold packs wrapped in towels or wet towels as soon as possible. Watch the individual for about 30 minutes. If his or her condition does not improve, seek medical attention.

Heat Cramps are painful muscle spasms or cramps in the abdomen, arms, or legs caused by an excessive loss of body fluid through sweating. Treatment for heat cramps is similar to that for heat exhaustion: rest in the shade and cool off. While heat cramps are painful, they don't usually result in permanent damage.

Consider the following guidelines to help you prevent heat-related emergencies. Keep out of direct sunlight during the hottest hours of the day (11am to 4pm). Wear lightweight cotton and light-colored clothing. Stay hydrated by drinking lots of water. Avoid alcohol, caffeinated drinks, and heavy meals during hot days. Pace yourself—take regular breaks to cool down. Seek prompt medical attention if you begin to feel ill.

Watch your co-workers for signs of heat-related illnesses. Remind them to stay hydrated and take frequent breaks.

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SAFETY REMINDER
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Summer also means protecting yourself against harmful sunlight. The sun's ultraviolet radiation can damage your skin and cause skin cancer. Wear sunscreen and cover up with protective clothing.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED MSDS # _____ SUBJECT: _____

MEETING DOCUMENTATION:

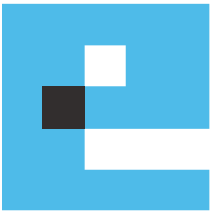
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Aerial Lifts and Platforms

We use aerial lifts and platforms on construction sites to reach many tasks. They certainly make our job easier, but we shouldn't forget about the many hazards they may create. Anytime an aerial lift is in use, everyone needs to watch out for: fall hazards, electrocution dangers, falling objects, the possibility of a tip over or collapse, and caught-in-between and struck-by hazards.

Don't even try to operate an aerial lift unless you are properly trained in the safe use of the equipment. Always operate and maintain aerial lifts according to the manufacturer's instructions.

Before you get into the lift:

1. Inspect the lift and test all of the controls before you begin your shift.
2. Make sure that all controls are clearly marked as to their function.
3. Always make sure that all of the wheels of an elevated lift are on a solid base. Use outriggers when possible.
4. Set the brakes and use wheel chocks on an incline.
5. Establish and clearly mark a danger zone around the base of the lift and the area under the basket.

While you are operating a lift:

1. Do not exceed the load limits of the equipment. Allow for the combined weight of personnel, tools, and materials.

2. Always stand firmly on the basket floor. Do not sit or climb on the edge or rails of the basket.
3. Never override hydraulic, mechanical, or electrical safety devices.
4. Use a body harness or positioning device with a lanyard to tie off to the boom or basket. Don't belt off to an adjacent pole or structure.
5. Avoid a crushing death. Do not position yourself between overhead hazards (such as joists and beams) and the rails of the basket.
6. De-energize and lockout aerial lifts before performing any maintenance or repairs.
7. Maintain a minimum clearance of at least 10 feet from the nearest overhead power line and remember also to keep any conductive object at least 10 feet away from power lines.
8. Never use planks, boxes, or other items inside the basket to extend your reach.
9. Never move the equipment with anyone in the elevated platform unless the equipment has been specifically designed for this type of operation.

SAFETY REMINDER

An aerial lift can be a dangerous tool, especially if you haven't taken the time to read through the manufacturer's instructions. Make sure you have the training you need before you attempt to operate an aerial lift.

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Storing Chemicals Safely

Because we work with so many hazardous substances on the jobsite, every construction worker should learn about proper chemical storage in order to minimize the hazards associated with leaks, spills, and the accidental mixing of incompatible chemicals.

In order to work safely with chemicals, you should know the properties and hazards of every chemical you use. You can find information on the Material Safety Data Sheet (MSDS) and the container's label, which should include information on safe handling, storage, and other safety guidelines.

Keep the following safety tips in mind whenever you work with or near chemicals on the job:

- Keep chemical storage areas secured.
- Make sure storage areas are ventilated properly.
- Use sources such as MSDSs and container labels for guidance on storage, incompatibility, reactivity, and stability.
- Organize chemicals by compatibility or by some other easily understandable method. Put them back where they belong when you're finished.
- Avoid exposure of chemicals to heat or direct sunlight. This can lead to deterioration of storage containers or labels, as well as degradation of the chemicals.
- Make sure caps and lids on all containers are tightly closed to prevent evaporation of contents.
- Never use food containers for chemical storage.

- Avoid stockpiling chemicals; only purchase what is needed.
- If you transfer chemicals from their original containers, use NFPA or HMIG labels on the new containers. List contents, concentration, hazards, date, and your initials.
- Know the location of and know how to operate fire extinguishers, alarm systems, fire blankets, eye wash stations, first-aid kits, and deluge safety showers.
- Shelves must have enough clearance to easily accommodate the largest container. You should never tip the bottles when returning them to a shelf.
- After each use, carefully wipe down the outside of the container before returning it to storage. Properly dispose of all contaminated materials.
- Do not store heavy materials, liquid chemicals, or large containers on shelves above eye level.
- Clean up all spills promptly and properly as instructed.
- Conduct periodic cleanouts to prevent the accumulation of unnecessary chemicals.

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SAFETY REMINDER
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When you work with chemicals, keep your hands away from your face, eyes, mouth, and body.

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Weekly Safety Meetings

Safety Training for the Construction Industry

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Storm Watch

Storms can develop at any time. Heavy rain, thunderstorms, gusty winds, or even tornadoes seem to pop out of the sky, sometimes with little warning. Your best defense includes staying informed, being prepared, and knowing what to do **before** the onset of a storm to make your jobsite as safe and as weatherproof as possible.

First, one of the most important things you can do on any construction project is to have a way to monitor the weather at all times. There are a number of portable weather stations, weather radios, and monitors that can be set up in a central location such as the superintendent's trailer. Many of these weather systems come with an alert mode. When severe weather is moving in, an alarm sounds to notify you. You can also stay informed via the internet by checking weatherbug.com, NOAA.gov, or weather.com. All of these sites constantly update their weather forecasts.

A good way to prepare for storms is to conduct evacuation drills. Depending on the signal used, workers know whether to take shelter in place, move to a central location for a head count, or leave the site completely. Some companies install temporary wireless alarms around the jobsite as well as within buildings or structures. When the alarm sounds, workers—who have practiced the drill—know where to go and what to do. Weather emergency instructions should be a part of your site-specific orientation.

In preparation for weather-related events, it should become a daily practice for you to ensure that all objects that could

blow off a roof or out of a storage area are properly secured. A strong gust of wind can pick up a piece of plywood, carry it off a rooftop, and land it on a pedestrian walking by or on a motor vehicle parked below. Again, always make sure that all materials, tools, and other objects are adequately secured. Don't underestimate the power of wind. It's not unheard of for steel forms to be peeled back during severe storms.

Sudden storms can also cause environmental hazards. An unsecured fuel container can overturn or be punctured. Take time to review your storage policies and containment requirements. You don't want to be responsible for a major environmental event because you failed to address a hazard and found yourself unprepared for bad weather.

Also, make sure you have a plan in place to keep your family safe in case of a storm. Spend time reviewing safe places to go, ensuring you have enough food and water for 72 hours, and discussing how to keep in contact if you get separated. Don't depend upon cell phones as your only means of communication. If you lose power, you may not be able to recharge your phone. Always have a backup plan.

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SAFETY REMINDER
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Hurricanes can cause havoc. Hurricane Katrina devastated New Orleans only 4 years ago. Fortunately, with a hurricane, you have days to get prepared. Use the time to prepare for the worst.

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