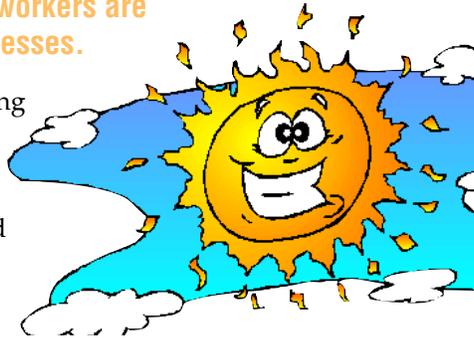


## Heat Stress – PROTECT YOURSELF

Hot day, hot job, high humidity and BINGO...another heat victim. No one is immune, and construction workers are prime candidates for heat related illnesses.

Summer is here so it's time to start thinking about the three kinds of heat related illness. Heat cramps, heat exhaustion and heat strokes are all possible during hot weather. All heat related injuries need prompt medical attention.

During hot weather stay alert for telltale symptoms and remember these first aid tips shown to the right.



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## Beware the Hidden Eye Hazards

By James L. Nash

Each day, more than 2,000 people injure their eyes at work, according to Prevent Blindness America. When employers address this problem, they sometimes learn some eye-opening safety lessons.

Eye injuries in the workplace remain all too common, afflicting more than 700,000 Americans each year. Yet Prevent Blindness America says 90 percent of these injuries can be avoided with a simple and obvious expedient: safety eyewear.

If that's the case, why do so many workers and employers appear to be blind to the value of safety glasses?

Jim McKay, plant manager at McCormick and Co. Inc., the spice manufacturer based in Hunt Valley, Md., doesn't know the answer to that question, but he knows how to solve the problem. After joining the company as safety manager, he began

a mandatory safety eyewear program that applied to everyone at all times in McCormick's production facilities. Serious eye injuries have been virtually eliminated.

"I've worked for Miller Brewing and General Motors," says McKay, who manages McCormick's spice mill plant, where spices are ground and processed. "I'm amazed by how many people I've seen who nearly lost an eye, but yet this wasn't seen as an opportunity to institute a mandatory safety eyewear program."

McKay counsels that if a company is going to require workers to wear safety glasses, the employer needs to pay

OSHA QUICK CARD™

### Protect Yourself Heat Stress



When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

#### Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

#### Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

#### Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

#### Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

#### What to Do for Heat-Related Illness

- Call 911 (or local emergency number) at once.
- While waiting for help to arrive:
  - Move the worker to a cool, shaded area.
  - Loosen or remove heavy clothing.
  - Provide cool drinking water.
  - Fan and mist the person with water.

For more complete information:

OSHA Occupational Safety and Health Administration  
U.S. Department of Labor  
www.osha.gov (800) 321-OSHA

OSHA 3154 (07) 06

for them. The costs associated with this offer one possible answer to the question posed above. Although he says that one serious eye injury can pay for a lot of eyeglasses, the reason for the policy is "it's the right thing to do."

Soon after the company started offering to pay for employees' prescription safety glasses, McKay made another startling discovery: Many employees needed not just prescription eyewear but bifocals.

"This means they weren't seeing that well to begin with, and that raises another huge safety issue that touches every aspect of your job," he says.

*Continued on next page*

## Beware the Hidden Eye Hazards continued

### Selection Guidelines

Employers should be aware of ANSI Z87.1-2003, a newly revised voluntary standard that provides guidance in the selection of safety eyewear (see OSHA Quick Card on previous page).

In order to ensure employees will wear safety eyewear, companies need to go the extra step and provide prescription safety eyewear when needed, according to Francine Jones, safety representative for Titmus Optical Inc. The Petersburg, Va.-based company may be presumed to take special care of its workers' eyes, as it is in the business of manufacturing prescription safety eyewear frames.

If companies don't provide prescription safety glasses, what often happens is workers will wear safety glasses over their regular glasses. The extra weight of the second pair of glasses means that many workers will simply remove the safety glasses after a few hours – another reason why many workers aren't always wearing proper eye protection.

"A person will not wear two pairs of glasses for 8 hours," says Jones. "They may wear them for an hour or 2, then take the safety protection off and work with the dress eyewear."

Both Jones and McKay say annual training on the need to wear safety eyewear and workers monitoring one another to make sure they are complying are key components of a successful eye protection program.

In addition to comfort, style is the second factor that can determine whether workers will wear safety eyewear, according to Jones. Heavy, ugly safety glasses are a much tougher sell than attractive, lightweight models. She thinks a good way to ensure that workers wear safety eyewear on the job is to give them a pair of glasses they will want to wear off the job.

"That's why we try to provide lightweight eyewear they would wear to church. That way, we know they will wear it to work."

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## Urgent Message from OSHA:



SWR Institute and OSHA want to alert you of an alleged phone scam in which people claiming to be OSHA employees threaten companies with fines unless they purchase materials that will supposedly put them into compliance with OSHA requirements. In one instance, a person who says her name is Sandra Collins has claimed to be from OSHA's Chicago North Area Office. This person has allegedly called several Spanish-speaking managers (who also speak English) in the Chicago area and threatened them with OSHA fines if they don't purchase her materials. There have also been reports of similar fraudulent phone calls in Texas.

These people are not OSHA employees. You can get the required OSHA poster and many other OSHA publications free of charge simply by visiting the Publications page (<http://www.osha.gov/pls/publications/pubindex.list>) on OSHA's Web site, or by calling OSHA's Publications Office at (202) 693-1888. If you believe that you've received a fraudulent solicitation, please report it to OSHA at 1-800-321-OSHA (6742) or contact your local OSHA area office (<http://www.osha.gov/html/RAmap.html>). If you're in a State Plan State (<http://www.osha.gov/fso/osp/index.html>), please contact your State agency.

*For more information on these scams and how to get free OSHA publications, please see the following OSHA Web page: [http://www.osha.gov/Publications/workplace\\_poster\\_page.html](http://www.osha.gov/Publications/workplace_poster_page.html)*

## SEVENTH ANNUAL SWR FOUNDATION GOLF TOURNAMENT

Sat., Sept. 16 • Le Challenger Golf Club — Montreal Quebec  
Time: tee times begin at 11:16 a.m.

Space is limited, so reserve your spot today for the 7<sup>th</sup> Annual SWR Foundation Golf Tournament. The course is a links type golf course in the heart of the city with a breathtaking view of Mont Royal.

The SWR Foundation provides educational scholarships to students pursuing careers in the construction industry. Check out the registration form on page 12 for additional sponsorship opportunities.

