



Newsletter

JULY & AUGUST 2008

Working Safely in the Summer Heat

The sun is shining, the temperature is rising and it is HOT!!!

During the hot Summer months, overexposure to heat can cause serious illness or death. For those who work outdoors, the risk of a life-threatening heat illness is especially high.

High temperatures and humidity; direct sun or heat; limited air movement; physical exertion, and insufficient water intake can all increase the risk of heat illness.⁸

Heat illnesses can develop quickly, so it is important to recognize the warning signs and respond quickly.

There are three major heat related illnesses:

1. Heat Stroke– This is a life-threatening condition. A person suffering from heat stroke will have a body temperature of 103 degrees F or higher. Other symptoms can be absence of sweating, hot, dry, red or flushed skin, rapid pulse and difficulty breathing. The person may become disoriented, unconscious, or have seizures. Seek medical care immediately.
2. Heat Exhaustion– A serious condition that often occurs when a

person becomes extremely dehydrated. Symptoms include headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, hyperventilation, cool moist skin, and they may have a weak and rapid pulse of 120-200 beats per minute.

If someone has these symptoms move them out of the heat and have them checked by medical personnel.

3. Heat Cramps- A less serious condition often causing muscle spasms which usually affect the arms, legs, or stomach. Resting, in a cool place and drinking a sports drink can ease heat cramps.

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Partnership Updates and Upcoming Events

CHAIR-ELECT

The Partnership for a Safer Maryland is soliciting nominations for the position of Chair-elect. Nominations should be sent to the partnership e-mail address.

UP-COMING CONFERENCES TO LOOK FOR

The 19TH Annual Chesapeake Regional Safety Council's Conference
September 11th 2008

For more information:

<http://www.chesapeakesc.org/news.htm>



2008 Mid Atlantic Life Safety Conference
September 23rd 2008

For more information:

<http://www.mfri.org/>







HEAT SAFETY TIPS: PREVENTING HEAT ILLNESS



Heat Safety Tips

Preventing Heat Illness

- **Drink water - Drink small amounts of water frequently (About 1 cup every 15 minutes)** 
- **Know signs and symptoms of heat-related illnesses: Monitor yourself and coworkers**
- **Block out direct sun or other heat sources.** 
- **Use cooling fans/air-conditioning in work areas, rest regularly.** 
- **Wear lightweight, light colored, loose-fitting clothes.**
- **Avoid alcohol, caffeinated drinks, or heavy meals** 

What to Do for Someone with a 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 information visit:

Injured Workers' Insurance Fund (IWIF)- Safety Tip Sheet at: www.iwiff.com

CDC and the National Institute for Occupational Safety and Health (NIOSH) at: <http://www.cdc.gov/niosh>

U.S. Department of Labor Occupational Safety & Health Administration at: www.osha.com