



Mission Success Starts With Safety



SSC Monthly Construction Contractor Meeting

Safety Presentation

Heat Safety

June 1, 2023



Safety Topic

Heat Safety



HEAT SAFETY

The last Friday in May is National Heat Awareness Day

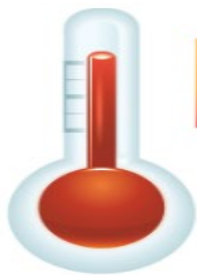


Occupational Safety and Health Administration (OSHA) and NASA Safety Center (NSC)

Many people are exposed to heat on the job, whether working outdoors, visiting a job site, standing under the sun for hours at a time or even working indoors in poorly-ventilated environments, but that doesn't make it risk-free. Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness. Every year, thousands of workers become sick from occupational heat exposure, and some even die. These illnesses and deaths are preventable.

Safe Plan of Action

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. While working in the heat, workers should drink enough fluids, schedule rest breaks, plan for and know what to do in an emergency and adjust work operations if necessary. It's important to know and look out for the symptoms of heat-related illness in yourself and others during hot weather. Plan for an emergency and know what to do — acting quickly can save lives. The SSC policy to conduct operations in a manner to prevent heat-related injury associated with working in hot environments is implemented through the Heat Stress Program ([SCWI-8715-0014](#)).



BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:

Children
Older adults
More males than females are affected

Outside workers
People with disabilities

WHERE:

Houses with little to no AC
Construction worksites
Cars

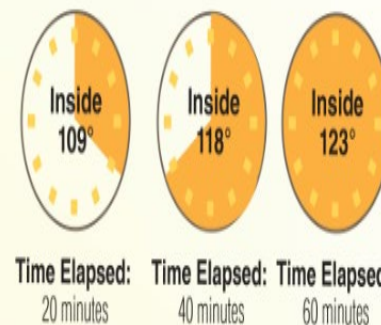
HOW to AVOID:

Stay hydrated with water, avoid sugary beverages
Stay cool in an air conditioned area
Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
Minor		Major
Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Excessive heat event in next 36 hours



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response



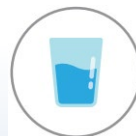
Heat Illness Prevention



Would you know if a coworker was suffering from a heat-related illness, such as heat stress? What signs should you look for? Do you know what controls can be utilized to help prevent or reduce exposure to heat? What weather conditions should you pay close attention to if working outdoors?

To protect workers from excessive heat, employers must do the following OSHA heat stress practices:

- ✓ Provide water, shade, and a resting area
- ✓ Allow new or returning workers to increase workloads gradually and take more frequent breaks as they acclimate to the heat
- ✓ Have a plan for emergencies
- ✓ Monitor workers for signs of illness
- ✓ Train employees to prevent heat illness and heat stroke
- ✓ Report all cases of heat stress symptoms and illness (if a worker needed intravenous fluids, not simply needing to drink more water)



Additional OSHA suggestions to prevent heat-related illness and heat exhaustion at work include:

- ✓ Drink water every 15 minutes, even if not thirsty
- ✓ Rest in the shade
- ✓ Wear a hat to shield you from the sun
- ✓ Wear light-colored clothing
- ✓ Learn the symptoms of heat illness and the necessary actions
- ✓ Watch fellow employees for signs of heat illness
- ✓ Take it easy on the first day to get used to the heat

For Heat-Related Emergencies at SSC



Call Emergency Medical Services by Dialing 911 from an SSC Land Line or 228-688-3636 from a Cell Phone

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1** » CALL 911 IMMEDIATELY
- 2** » COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
- 3** » STAY WITH THE WORKER UNTIL HELP ARRIVES