



Mission Success Starts With Safety



SSC Monthly Construction Contractor Meeting Safety Presentation

2021 Construction Safety Stand Down

May 06, 2021



Zero OSHA Recordable incidents in NASA Direct Construction since 11/28/2017

(Approximately 354,543 manhours)

2021 Construction Safety Stand-Down

A Message from the SSC Deputy Director

[Message from the SSC Deputy Director](#)

2021 SSC Safety and Health Goals

- Continue to increase awareness on how to prevent finger, hand, and arm injuries.
- Increase employee awareness of safe teleworking practices.
- Increase employee awareness of return-to-work safety guidelines and protocols.

Updates to the Construction Safety Program

Recently, there have been many changes to the Construction Safety Program. The construction safety website, <https://constructionsafety.ssc.nasa.gov>, was updated and includes links to needed forms, documents, and other resources. The SSC, Construction Safety and Health Program document, [SCWI-8715-0008](#), underwent a major revision. Significant changes included updates to the Contractor Safety and Health Plan content and orientation training requirements. The orientation training is posted to the SSC Construction Safety website. This training provides an overview of site-specific requirements and other information needed while working at the center.



SAFETY TOPICS

HEAT-RELATED INJURIES

Heat-related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year. This [website](#) provides helpful tips, information, and resources to help you stay safe in the extreme heat this summer.



Protecting Workers from Heat Stress

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

To Prevent Heat Illness:

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.



For more information:
OSHA Occupational Safety and Health Administration
www.osha.gov (800) 321-OSHA (6742)

OSHA 313448B 2017



- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Designate a responsible person to monitor conditions and protect workers who are at risk of heat stress.
- Consider protective clothing that provides cooling.



How to Protect Workers

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.



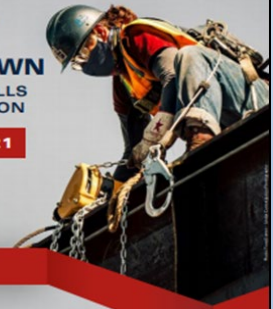
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FALL PREVENTION

Fatalities caused by falls from elevation continue to be a leading cause of death for construction employees, accounting for 401 of the 1,061 construction fatalities recorded in 2019 (BLS data). Those deaths were preventable. The [National Safety Stand-Down](#) raises fall hazard awareness across the country in an effort to stop fall fatalities and injuries.

NATIONAL SAFETY STAND-DOWN TO PREVENT FALLS IN CONSTRUCTION

MAY 3-7, 2021



Stop Falls Stand-Down

- Plan a toolbox talk or other safety activity
- Take a break to talk about how to prevent falls
- Provide training for all workers

For more information:

www.osha.gov/StopFallsStandDown

#StandDown4Safety

1-800-321-OSHA (6742) • TTY 1-877-889-5627



COVID-19: SSC Safe-At-Work Protocol

