

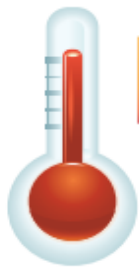


SSC Monthly Construction Contractor Meeting

Safety Presentation

Extreme Heat
Hand Injuries

June 03, 2021



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.



Children

WHO:

More males than females are affected



Older adults



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

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

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

PREVENT HEAT-RELATED ILLNESS

Wearing PPE increases your risk for heat-related illnesses.



TAKE TIME TO ACCLIMATIZE.

Work shorter shifts until your body has adjusted to the heat.



STAY WELL HYDRATED.

Drink often, before you get thirsty.



WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.

Designate a buddy and ask how they feel periodically.



TAKE TIME TO REST AND COOL DOWN.

Sit somewhere cool, rest, and rehydrate frequently.

For more information visit the NIOSH Heat Stress topic page: <http://www.cdc.gov/niosh/topics/heatstress/>

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DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health



Safety Tips for Avoiding Hand Injuries

Distractions Can Be Dangerous

It's always important to maintain focus on the task "at hand." Anything from poor lighting to a loud noise to a distraction from a coworker while working with a sharp object can lead to an accident. In one NASA incident, an employee was cleaning an electrical router machine and looked up briefly when a coworker entered the room, leading to a large laceration that required 17 stitches. Even routine tasks like opening a package with a box cutter can result in a potential injury if you're not focused.

Protect Yourself With PPE

The key to preventing hand injuries is keeping hands away from hazards, but that's not always possible. Adding an extra safeguard in the form of Personal Protective Equipment (PPE) can help. Selecting the right gloves for the job and choosing a pair that are comfortable and fit properly can improve safety and productivity. Make sure you know which gloves should be worn for which tasks and inspect them to confirm they offer adequate protection and aren't damaged. Some types to consider are:

- Cut-resistant gloves
- Puncture-resistant gloves
- Temperature-resistant gloves
- Chemical-resistant gloves
- Non-conductive gloves

Gloves aren't foolproof.

Even when wearing the proper PPE, injuries are still possible.



RIGHT TOOL: Use the right tools for the job.

AWARENESS: Ensure everyone stays focused at all times.

ERGONOMICS: Always be aware of hand and body placement.

LOTO: Ensure LOTO is applied (when needed) before working on machinery or equipment.

PPE: Wear proper hand protection for the job.

Shortcuts Aren't Safe

If you're used to working with sharp objects and tools regularly, it may be tempting to take shortcuts when performing routine tasks. In some cases, you may try to use a tool that's more readily accessible, even if you know it's not the right tool for the job. Choices like these can result in injury, which definitely won't save you any time.

There are several recent NASA incidents that involve workers utilizing personal pocketknives to carry out tasks, as opposed to approved tools. In another incident, an employee utilized a box cutter instead of scissors to cut a zip tie off a bag of rags, inadvertently leading to a thumb laceration.