

# Newsletter

## Spotlight on Safety

National Safety Council

July 2015



About the National Safety Council:



The National Safety Council saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads through leadership, research, education and advocacy. Visit us at [nsc.org](http://nsc.org) for up-to-date industry news, information and tools to take your safety program to the next level.

Welcome to *Spotlight on Safety*, an e-newsletter brought to you by the Department of the Interior Office of Occupational Safety and Health in partnership with the National Safety Council. We hope you will find this service of value. Send feedback or ideas on topics you would like to see to [membershipinfo@nsc.org](mailto:membershipinfo@nsc.org). Please put "Department of the Interior feedback" in the subject line.

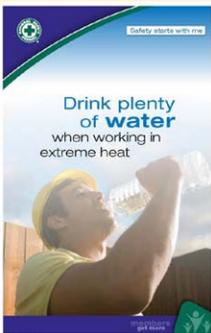
### 5-Minute Safety Talk: Hot Weather Safety



to heat-related illnesses.

Often, the effects of overheating go unrecognized by the victim and are not well anticipated by safety personnel. Use this [5 Minute Safety Talk](#) to make workers - and family members - aware of the signs and solutions

### Featured Safety Poster:



Share with your employees to remind them to drink plenty of water when working outdoors.

[Get the poster.](#)

### Featured Webinar

### Don't Let Summer Heat Catch You Off-guard

As we work and play this summer, it's important to be mindful of the damage excessive heat can do to our bodies.

It doesn't take a [record-breaking heat wave](#) or an overly hot climate to cause [heat-related illnesses and death](#). In fact, according to Injury Facts 2015, 587 people died from exposure to natural heat in the U.S. in 2011. In addition to the elderly and young children, those most at risk include individuals who work outdoors.



### Know the Signs of Heat-related Illnesses

Your body is in a constant struggle to disperse the heat it produces, especially when under exertion.

[Heatstroke](#), the most serious heat-related illness, can lead to death. It occurs when the body becomes unable to sweat and its core temperature rises, effectively



This message produced by the Centers for Disease Control and Prevention, offers tips on [How to Stay Cool in Extreme Heat](#).

In addition, visit our [Online Learning Library](#) to view our extensive webinar selection.

## NSC Safety Awards



Employee engagement is key to a successful safety program! An award from the National Safety Council shows them you appreciate their efforts.

Safety awards from NSC instill employee pride; earn respect from your customers, community and peers; and place you one step ahead of your competition. [Learn more.](#)

## Learn about all the benefits available to you in our Member Benefits Guide



[See the benefits that are available to you and ALL your employees](#)

"cooking" the internal organs. Signs include extremely hot skin, a mental state ranging from slight confusion to coma, and seizures.

- Move the victim indoors or to a shady area and call for medical help immediately
- If humidity is below 75%, spray the victim with water and fan them vigorously; if humidity is above 75%, apply ice to neck, armpits or groin
- Do not give aspirin or acetaminophen
- Do not give the victim anything to drink

[Heat Exhaustion](#) occurs when the body loses an excessive amount of salt and water resulting in flu-like symptoms, profuse sweating, clammy skin and dizziness.

- Move the person to a half-sitting position in the shade
- Call for medical help if symptoms get worse or don't improve within an hour
- Cool the victim down with wet towels or a cool shower
- Drink water or a sports drink

[Heat Cramps](#) are muscle spasms that can affect leg or abdominal muscles after physical activity.

- Have the person rest briefly to cool down
- Have the individual drink water or an electrolyte containing sports drink
- Gently stretching the affected muscles can help relieve symptoms
- Call a doctor if cramps continue for over an hour

The Centers for Disease Control and Prevention offers [more information on heat-related illness in this FAQ](#)

## Personal Protective Equipment



Workers who need to wear or carry heavy gear in the summer heat are [particularly at risk for heat illnesses and death](#).

Construction workers, roofers, road crew, firefighters and others are required to wear personal protective equipment at all times on the job. While it may be tempting to remove those gloves, goggles, reflective vests and hard hats in hot weather, there are a number of ways to stay cool - and stay safe:

- Schedule outdoor tasks for early morning or postpone until evening hours when it's cooler
- [Keep an eye on the weather](#) to know when heat

- advisories are in effect
- Drink plenty of water - more than you think you need
  - Know the signs of heat-related illnesses and what to do if someone needs immediate attention
  - [Work in short shifts and take frequent breaks](#) in an air-conditioned area or in the shade
  - Assign extra workers for particularly demanding outdoor jobs
  - Use fans to keep cool
  - Avoid caffeine and heavy meals before working
  - Consider PPE products made of breathable or light-weight material

Another way to [stay safe in the heat is with this "cool" phone app developed by the Occupational Safety and Health Administration](#). The app calculates the [heat index](#) at a worksite, then displays a risk level and offers safety precautions. Check out this year's OSHA [heat illness prevention campaign](#).

## UV Safety

[July is UV Safety Month](#), according to the U.S. Department of Health and Human Services. Sun worshippers and outdoor workers are particularly at risk for burns, which can lead to skin cancer. A sunburn can also contribute to heat related illnesses, making it harder to cool down, and [UV radiation can cause eye problems](#), according to the American Optometric Association.



Avoid those damaging rays by taking some simple precautions at work and play:

- Use a broad-spectrum sunscreen that protects against overexposure to [UVA and UVB rays](#) with an SPF of at least 15; reapply throughout the day
- Be aware that you can burn through a window, and from sun reflecting off water and snow
- The higher the altitude, the greater your exposure
- Avoid the sun between 10 a.m. and 4 p.m.
- Always wear sunglasses; wraparounds with a 99 percent UV block are best
- An umbrella or hat also will help

