

Work practices can help control heat hazards

A more common technique that might be considered PPE is to wear wet clothing, headbands, or bandanas. This could also be considered to be a type of work practice control. Other work practices that help control exposure to the heat include:

- Using intermittent rest periods with water breaks.
- Using relief workers.
- Pacing the work, or reducing the physical demands of the work.
- Providing cool recovery or rest areas. Scheduling work for cooler times of the day, or when heat producing equipment isn't being operated.
- ***Drinking lots of water and electrolytes!!!!***



Sun Exposure Hazards

Sun exposure can do major damage — sunburn, skin cancer, and cataracts. While the rays of the sun are more damaging during summer months and between 11 a.m. and 1 p.m., sunburns can occur during a cloudy day, other seasons, and other times of the day.

Melanoma (skin cancer)

OSHA addresses worker exposure to the sun's radiation indirectly under 29 CFR 1926.95(a) pertaining to personal protective equipment (PPE). Basically, the regulation requires employers to protect such employees against overexposure to the sun's radiation. Employers are to use effective forms of protection such as wide-brim hats and long-sleeve clothing. The rule does not necessarily require employers to use sunscreen to protect their employees. However, sunscreen must be used if a situation should exist where it is the only effective means of protection.

OSHA is committed to requiring that employees overexposed to the sun's radiation be protected, however establishing an overexposure is difficult. OSHA does not have established exposure limits for radiation from the sun. In order to document overexposure OSHA must show that the exposure violates the General Duty Clause at Section 5(a)(1) of the OSH Act of 1970. An exposure that violates the General Duty Clause is one that could cause death or serious physical harm.

Sunburn

29 CFR 1926.28(a) requires protection against all known and recognized hazards. Considering the potential for sunburn, a shirt is considered PPE in the same manner as goggles and respirators. The employer could be cited for failure to require and enforce the use of PPE including shirts as protection against "bareback" injuries.

Cataracts

Although OSHA has not mentioned eye cataracts specifically, both Sections 1926.28(a) and .95(a) could be used to enforce the use of sunglasses with an appropriate UV rating.

	Cause	Symptom	Treatment	Prevention
Heat Rash	Hot humid environment; plugged sweat glands.	Red bumpy rash with severe itching.	Change into dry clothes and avoid hot environments. Rinse skin with cool water.	Wash regularly to keep skin clean and dry.
Heat Cramps	Heavy sweating drains a person's body of salt, which cannot be replaced just by drinking water.	Painful cramps in arms, legs or stomach which occur suddenly at work or later at home. Cramps are serious because they can be a warning of other more dangerous heat-induced illnesses.	Move to a cool area; loosen clothing and drink cool salted water (1 tsp. salt per gallon of water) or commercial fluid replacement beverage. If the cramps are severe or don't go away, seek medical aid.	When working in the heat, workers should put salt on their food (if on a low-salt diet, this should be discussed with a doctor). This will give the body all the salt it needs; don't take salt tablets.
Heat Exhaustion	Inadequate salt and water intake causes a person's body's cooling system to start to break down.	Heavy sweating; cool moist skin; body temperature over 38oC; weak pulse; normal or low blood pressure; person is tired, weak, clumsy, upset or confused; is very thirsty; or is panting or breathing rapidly, vision may be blurred.	GET MEDICAL AID. This condition can lead to heat stroke, which can kill. Move the person to a cool shaded areas; loosen or remove excess clothing; provide cool water to drink (salted if possible); fan and spray with cool water.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms which often precede heat stroke
Heat Stroke	If a person's body has used up all its water and salt, it will stop sweating. This can cause body temperature to rise.	High body temperature (over 41oC) and any one of the following: the person is weak, confused, upset or acting strangely; has hot, dry, red skin; a fast pulse; a headache or dizziness. In later stages, a person may pass out and have convulsions.	CALL AMBULANCE. This condition can kill a person quickly. Remove excess clothing; fan and spray the person with cool water; offer sips of cool water if the person is conscious.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms which often precede heat stroke.

Recognizing Heat Illness...and doing something about it!!!

When the body is unable to cool itself through sweating, serious heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If actions are not taken to treat heat exhaustion, the



