



# BIE SAFETY ADVISOR

## Recognize Your Safety Successes! Participate in Safe + Sound Week August 10-16, 2020

Safe + Sound Week is a nationwide event held each August that recognizes the successes of workplace health and safety programs and offers information and ideas on how to keep America's workers safe. Safe + Sound is a year-round campaign to encourage every workplace to have a safety and health program.

Successful safety and health programs can proactively identify and manage workplace hazards before they cause injury or illness, improving sustainability and the bottom line. Participating in Safe + Sound Week can help get your program started, energize an existing one, or provide a chance to recognize your safety successes.

Every workplace should have a safety and health program that includes management leadership, worker participation, and a systematic approach to finding and fixing hazards.

**Management Leadership:** When management leadership is sincere and is supported by actions, workers know that safety and health are important to business success. This means that the steps they take to improve safety and health will be valued by the business.

Top management can demonstrate its commitment in many different ways, including:

- Developing and communicating a safety and health policy statement.
- Providing the resources needed to implement and operate the program.
- Factoring safety and health into operational planning and decisions.
- Recognizing safety and health contributions and achievements.
- Leading by example, by practicing safe behaviors and making safety part of daily conversations.

**Worker Participation:** Workers often know the most about potential hazards associated with their jobs. When they are involved in finding

solutions, they feel invested in the program. To maximize participation, however, workers must feel free of any fear of retaliation or discrimination (e.g., for reporting an injury or hazardous conditions).

### Workers can participate in many ways, including:

- Reporting incidents (including near misses) so they can be investigated.
- Analyzing hazards associated with routine and non-routine jobs, tasks, and processes.
- Defining and documenting safe work practices.
- Conducting site inspections and incident investigations.
- Training current coworkers and new hires.
- Evaluating program performance and identifying ways to improve it.

**Find & Fix Hazards:** Traditional approaches to finding and fixing workplace hazards are often reactive. Actions are taken only after a worker is injured or becomes sick, a new standard or regulation is published, or an outside inspection finds a problem that must be fixed. Finding and fixing hazards using a proactive approach, before they cause injury or illness, is far more effective.

### A systematic find and fix approach means:

- Involving workers, who often have the best understanding of the conditions that create hazards and insights into how they can be controlled.
- Reviewing all available information about hazards that might be present.
- Conducting inspections to identify new or emerging hazards.
- Investigating incidents to identify root causes and potential solutions.
- Evaluating options using the "hierarchy of controls."
- Considering how to protect workers during emergencies and non-routine activities.
- Checking that existing controls are intact and remain effective.

### Additional Resources

<https://www.osha.gov/safeandsound/>



# Monthly Toolbox Talk

**HEAT STRESS DISORDERS** When working during hot, humid, summer weather, we may be affected by one of the heat stress disorders we are going to discuss today. They are heat exhaustion and heat stroke. Heat exhaustion is caused by the loss of body salt and your body overheating. Heat stroke is a life-threatening condition that occurs when the body mechanism is not able to keep the system cool and your internal body temperature reaches 104° F or higher. Following are the symptoms of these ailments and the steps we should take to aid the victim.

## HEAT EXHAUSTION

### Symptoms:

The first signs of heat exhaustion are dizziness, weakness, headache, blurred vision, nausea and staggering. The skin may feel hot and moist and appear flushed. There is profuse sweating, the pulse is weak, and breathing is shallow. The person may experience mood changes such as irritability or confusion.

### Treatment:

In most cases, you can treat heat exhaustion yourself by doing the following:

- Rest in a cool place. Getting into air conditioning is best, but at the least, find a shady spot.
- Rest on your back with your legs elevated higher than your heart.
- Drink cool fluids. Water or sports drinks are the best. Don't drink beverages with alcohol or caffeine as both can contribute to fluid loss

### How to avoid:

Keep in good physical condition and stop to rest when you begin to feel faint, dizzy, or nauseous. Increase dietary salt and fluids when working in extremely hot weather.

## HEAT STROKE

### Symptoms:

The victim develops a severe headache, the face is red, the skin is hot and dry, there is no sweating, and the pulse is strong and very rapid. The person has a high fever (105°-106°F) and may become unconscious. You may have seizures, lose consciousness, slip into a coma, hallucinate, or have difficulty speaking or understanding what others are saying.

### Treatment:

Get the victim to where there's professional medical treatment as soon as possible. In the meantime place the individual in the shade. Loosen the clothing and cool the victim with the best means available. If the individual's temperature starts to drop, cover with a light blanket, so that the sudden change in body temperature won't cause shivering or convulsions.

### How to avoid:

Stay away from alcoholic beverages. Instead, drink water, citrus fruit juices or sports drinks. Wear clothing that is lightweight, well ventilated, and loose. Replace the body salts lost through perspiration by making sure your salt and fluid intake is adequate.

### Know the difference:

Become familiar with the symptoms of heat stroke and heat exhaustion. As we've discussed, the treatment for each of these ailments is different. Knowing the difference could mean life or death.

**Take precautions to ensure your body doesn't get over heated:**

- **Drink plenty of fluids**
- **Replace salts lost when sweating**
- **Wear lightweight, loose clothing**

### Employee Recommendations:

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### HOW THIS TOPIC APPLIES TO THIS JOB:

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**ATTENDEES: Print Name / Signature** (use back if necessary)

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**DATE:** \_\_\_\_\_

**SUPERVISOR SIGNATURE:**

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**JOBSITE / PROJECT:**

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