

Summer time hazards

Heat related emergencies

Four environmental factors affect the amount of stress a worker faces in a hot work area

- temperature,**
- humidity,**
- radiant heat (such as from the sun or a furnace) and**
- air velocity**

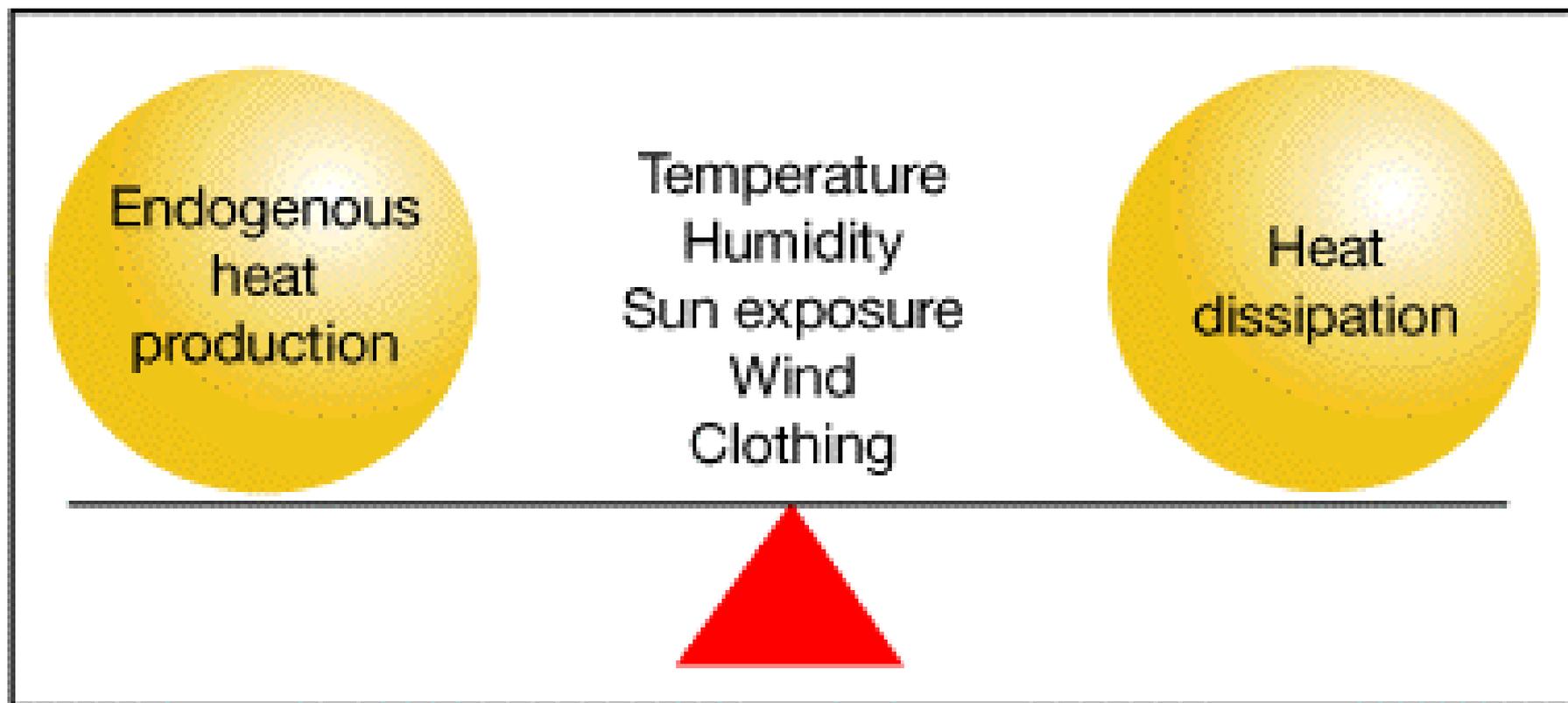


Figure 1. This schematic diagram illustrates heat balance. Heat production is balanced, in most cases, by heat dissipation. The environmental factors in the center can increase or decrease heat dissipation or add to the endogenous heat load.

Body's reaction to heat to control temperature:

***“circulating blood to the skin”*-Increases skin temperature and allows body to give off excess heat *But.....* With physical labor, less blood is available to flow to the skin and release the heat**

Sweating is another means the body uses to maintain a stable internal body temperature in the face of heat.

Low humidity allows sweat to evaporate and cool,

The higher the humidity, the less cooling effect of sweating

“HEAT INDEX”

Combines temperature and humidity

“FEELS LIKE”

We can't control the humidity or the temperature but we all must pay attention to the amount and type of "fluids" we supply our bodies to use as sweat...

What is acceptable, what is good?



HEAT DISORDERS

- 1. Heat cramps** – Cramping of muscles
- 2. Heat exhaustion-** confusion, headache, sweating
- 3. Heat stroke-** elevated core body temperature,
(typically red-hot-dry skin),
(Life Threatening condition)

TREATMENT OF HEAT DISORDERS

- 1. COOL INDIVIDUAL**
- 2. SPRINKLE WATER ON PERSON TO COOL**
- 3. SIPS OF WATER IF CONSCIOUS**
- 4. LOOSEN CLOTHING**
- 5. CALL 911 IF PERSON IS NON-RESPONSIVE OR SEEMS CONFUSED**

Lightning

- NEW ORLEANS (AP) - Four people were injured as a lightning bolt struck a crane at a Shell Oil refinery in St. Charles Parish.
- contractors who were working at the facility Tuesday when the lightning struck around them.
- The workers' conditions were not immediately known after they were hospitalized

Lightning

- Lightning's behavior is random and unpredictable. At the first signs of thunder or lightning, take precautionary steps.
- Move quickly away from the area or to a shelter when you see lightning.
- Move into solid buildings and structures. If that's impossible, move into an automobile..
 - If lightning strikes the building you are in, it's likely that the current will flow through the electrical wiring or water pipes.
- Stay away from tall, isolated objects, such as trees, flagpoles or posts. Dense woods are relatively safe because the large number and density of trees. However, don't stand too close to any one tree.
- Avoid open areas, such as large fields, parks and parking lots.
- Stay away from lakes, ponds, railroad tracks and fences that could act as a conductor to bring the current from a distant lightning strike.

Eye Safety

- **40% of accidents that cause blindness happen at home.**
- Do-it-yourself work on cars, lawns, and homes.
- Cooking accidents.
- Chemical splashes from pesticides, fertilizers, drain cleaners, and cleaning sprays.
- Sports injuries while playing tennis, racquetball, baseball, etc.
- *Get in the habit of wearing Safety Glasses prior to plugging in power tools, pulling the starter cord on gas powered equipment, and when opening the Tool-box. Keep several sets of glasses available so you don't have to search to find them.*

“Dry Drowning”

- Johnny Jackson, a 10-year-old American boy from South Carolina, died at home on Sunday from "dry drowning" more than an hour after going swimming and walking home with his mother. The sad event highlights a little known danger that parents and child carers should be aware of, that drowning can kill hours after being submersed in water.

3 signs that parents and carers should look out for:

- **difficulty breathing,**
 - **extreme tiredness, and**
 - **changes in behavior.**
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- However, if your child has these symptoms and has been swimming, you should take him or her to an emergency department to get checked out. If there is water in a lung, the doctors put a tube into the lung and force oxygen through under pressure. The lung then heals itself in time.