

Working Outdoors in Warm Climates

Hot summer months pose special hazards for outdoor workers who must protect themselves against heat, sun exposure, and other hazards. Employers and employees should know the potential hazards in their workplaces and how to manage them.

Sun

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. There are no safe UV rays or safe suntans. Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features: numerous, irregular, or large moles; freckles; fair skin; or blond, red, or light brown hair. Here's how to block those harmful rays:



- Cover up. Wear loose-fitting, long-sleeved shirts and long pants.
- Use sunscreen with a sun protection factor (SPF) of at least 30. Be sure to follow application directions on the bottle or tube.
- Wear a hat. A wide brim hat, not a baseball cap, works best because it protects the neck, ears, eyes, forehead, nose, and scalp.
- Wear UV-absorbent sunglasses (eye protection). Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation. Before you buy sunglasses, read the product tag or label.
- Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m.

Heat

The combination of heat and humidity can be a serious health threat during the summer months. If you work outside (for example, at a beach resort, on a farm, at a construction site) or in a kitchen, laundry, or bakery you may be at increased risk for heat-related illness. So, take precautions. Here's how:

- Drink small amounts of water frequently.
- Wear light-colored, loose-fitting, breathable clothing—cotton is good.
- Take frequent short breaks in cool shade.
- Eat smaller meals before work activity.
- Avoid caffeine and alcohol or large amounts of sugar.
- Work in the shade.
- Find out from your health care provider if your medications and heat don't mix.

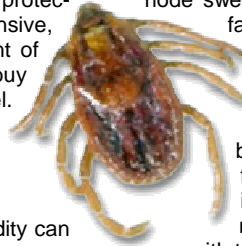
- Know that equipment such as respirators or work suits can increase heat stress.

There are three kinds of major heat-related disorders—heat cramps, heat exhaustion and heat stroke. You need to know how to recognize each one and what first aid treatment is necessary.

OSHA Heat Stress Fact Sheet:

Lyme Disease/Tick-Borne Diseases

These illnesses (i.e., Rocky Mountain spotted fever) are transmitted to people by bacteria from bites of infected deer (blacklegged) ticks. In the case of Lyme disease, most, but not all, victims will develop a "bull's-eye" rash. Other signs and symptoms may be non-specific and similar to flu-like symptoms such as fever, lymph node swelling, neck stiffness, generalized



fatigue, headaches, migrating joint aches, or muscle aches. You are at increased risk if your work outdoors involves construction, landscaping, forestry, brush clearing, land surveying, farming, railroads, oil fields, utility lines, or park and wildlife management. Protect yourself

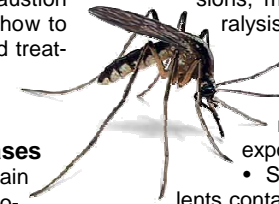
with these precautions:

- Wear light-colored clothes to see ticks more easily.
- Wear long sleeves; tuck pant legs into socks or boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellents, but not on your face.
- Shower after work. Wash and dry your work clothes at high temperature.
- Examine your body for ticks after work. Remove any attached ticks promptly and carefully with fine-tipped tweezers by gripping the tick. Do not use petroleum jelly, a hot match, or nail polish to remove the tick.

West Nile Virus

West Nile virus is transmitted by the bite of an infected mosquito. Mild symptoms include fever, headache, and body aches, occasionally with a skin rash on the trunk of the body and swollen lymph glands. Symptoms

of severe infection include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. You can protect yourself from mosquito bites in these ways:

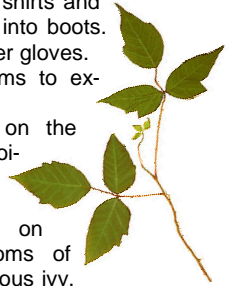


- Apply Picaridin or insect repellent with DEET to exposed skin.
- Spray clothing with repellents containing DEET or permethrin. (Note: Do not spray permethrin directly onto exposed skin.)
- Wear long sleeves, long pants, and socks.
- Be extra vigilant at dusk and dawn when mosquitoes are most active.
- Get rid of sources of standing water (used tires, buckets) to reduce or eliminate mosquito breeding areas.

Poison Ivy-Related Plants

Poison ivy, poison oak and poison sumac have poisonous sap (urushiol) in their roots, stems, leaves and fruits. The urushiol may be deposited on the skin by direct contact with the plant or by contact with contaminated objects, such as clothing, shoes, tools, and animals. Approximately 85 percent of the general population will develop an allergy if exposed to poison ivy, oak or sumac. Forestry workers and firefighters who battle forest fires have developed rashes or lung irritations from inhaling the smoke of burning plants.

- Wear long-sleeved shirts and long pants, tucked into boots. Wear cloth or leather gloves.
- Apply barrier creams to exposed skin.
- Educate workers on the identification of poison ivy, oak, and sumac plants.
- Educate workers on signs and symptoms of contact with poisonous ivy, oak, and sumac.
- Keep rubbing alcohol accessible. It removes the oily resin up to 30 minutes after exposure.



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Service without Compromise,
Excellence without Excuses

SAFETY BY THE NUMBERS:

- * **202,905** continuous hours worked with NO Last Time Accidents.
- * **176,509** continuous hours worked with NO Reportable Accidents.
- * **2,000+** employee safety training hours during the first half of 2009.
- * **41** unique, fresh and new safety presentations and training modules offered during the first half of 2009.

“I am Safety” is a trademark of the NEW Electric Inc. safety program. It is intended to remind every employee of their part in maintaining a healthy, safe work environment. Each day we can look in the mirror and better understand who is the first person responsible for creating the safe workplace we all deserve.

Any function, practice, or activity may be stopped by any employee in order to reestablish or acquaint the team or individuals with the safe work



I am SAFETY

practices, devices, and controls needed to successfully complete the job.

Contributed by Dustin W. Hoffpauir, EHS Supervisor, Andadarko Petroleum

Falls are more common than you think. Ranked third among the leading causes of accidental death in the United States, falls are always a safety concern. It's happened to each of us many times. You're walking along, minding your own business and the next thing you know you are sprawled on the floor wondering what happened. That is a typical tripping incident, familiar to everyone. Most of the time we suffer nothing worse than a few bruises-including bruised pride. However, falls can be serious, even fatal. One of the major causes of falls is tripping over an obstacle. The other major cause is slipping. The following tips can be used in the workplace and at home.

- Slow down. Many falls occur when a person walks too fast in the work area. Don't run.
- Watch where you are going. Don't assume a walkway or the ground is clear. Watch for clutter and for unexpected changes in the floor or ground level, such as a step up or hole.
- Wear well-fitting shoes with a low heel. Keep laces tied to prevent tripping.
- Maintain adequate lighting in the areas where you walk. Hallways, stairways, aisles and other traffic areas should be bright enough to see where you are going.
- Keep your hands free when you walk, to help you catch your balance if you start to fall. Don't walk with your hands in your pockets.
- Do not leave equipment, tools or materials on the floor.
- Clean up clutter and spills. Don't wait for someone else to do it.
- Don't obstruct traffic aisles with materials or equipment.
- Do not allow cords, cables or hoses to cross walkways.
- Always close drawers, even if they are in an area where you wouldn't expect someone to trip over them.
- Don't leave items on stairs, even for just a moment.
- Take stairs slowly. You're not Rocky Balboa. Don't go fast up or down them. Also, keep one hand on the handrail.
- Watch for hazards such as loose floor tile, loose carpeting and broken stair surfaces or handrails. -- Report these defects immediately so they can be repaired.
- If you are carrying something, make sure you can see over it or around it.
- Stay alert. Your chances for a tripping incident, or any incident, are greater if you are tired or distracted.



NEW Electric Inc. maintains a proud tradition of safety excellence. Our people have allowed us to be recognized as a 2009 Wyoming Governor's Safety Award Winner for Best Safety Program. We have qualified trainers for MSHA, OSHA, and American Heart as well as other safety quality efforts.

