

OHBA Safety Pages: Heat Illness

Anyone can become susceptible to heat illness in very warm weather. This is especially true for people doing hard work or heavy labor outside. However, if the temperature is high enough, even indoor workers can become susceptible and may suffer heat stroke, heat exhaustion, or heat cramps.

HEAT STROKE (or sun stroke) is a life-threatening situation and must be treated immediately. The victim's temperature-control system, which produces sweat to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Signs and symptoms of heat stroke are hot, red, dry skin, very small pupils, and very high body temperature. The body temperature may be rising rapidly. There may also be a rapid pulse, very small pupils, loss of consciousness, and convulsions. If the victim was sweating from heavy work, his or her skin may be wet; otherwise, it will feel dry.

First Aid. Call 911. Get the person out of the heat and into a cooler place fast. Quickly cool the victim's body. Immerse the victim in a cool bath or wrap wet towels around their body and fan them. Elevate head and shoulders and treat for shock. Give nothing by mouth.

HEAT EXHAUSTION is less dangerous than heat stroke, but it can cause collapse. It typically occurs when working in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion sweat does not evaporate, as it should. As a result, the body is not cooled effectively.

Signs and symptoms of heat exhaustion are cool, pale, and moist (clammy) skin, heavy sweating, dilated pupils, headache, nausea, dizziness, weakness, low blood pressure, weak pulse, and vomiting. Body temperature will be nearly normal.

First Aid. Get the victim out of the heat and into a cooler place immediately. Place them on their back with feet up. If possible, remove or loosen the victim's clothing. Cool them by fanning and applying cold packs (putting a cloth between the cold pack and the victim's skin) or wet towels. Give care for shock and give them one-half glass of water to drink every 15 minutes if they are conscious and can tolerate it.

HEAT CRAMPS (muscle spasms) are muscle pains and spasms due to heavy exertion, heavy sweating, and usually involve the abdominal muscles or legs. Cramps occur in arms and legs after strenuous work.

First Aid. Get the victim to a cooler place. If they can tolerate fluids, give them one-half glass of water or sports drinks every 15 minutes for an hour. No alcohol or caffeine.

HEAT RASH (prickly heat) occurs when humidity prevents sweat from evaporating. Over-the-counter drugs are available for treatment.

SUNBURN obviously occurs when skin is over-exposed to the sun's harmful rays. The summer is most dangerous because ultraviolet and infrared rays are intense and because the temperature is warm and comfortable, making it easier to work without a shirt. Wear protective clothing and consider wearing sunscreen or sunblock.

AVOID HEAT ILLNESSES

During the summer:

- wear protective, lightweight, light-colored clothing.
- drink cool water, (not iced water) at least a cup every 20 minutes.
- take breaks to cool off; a worker should never be denied a break if he or she is overheated.

DO NOT GIVE ASPIRIN OR SALT TABLETS TO ANYONE SUFFERING FROM A HEAT-RELATED EMERGENCY.



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SAFETY PAGE MEETING GUIDE

Topic: Heat Illness

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)

OHBA Safety Pages: Dehydration

There are various heat stress disorders that may affect us as the summer heat increases the temperature and humidity of our work sites. During the summer, we must all take precautions to ensure our bodies don't get overheated.

Although dehydration is technically not a heat disorder, it is certainly related.

Dehydration occurs when you lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. If lost fluid remains unreplenished, you may suffer serious consequences.



Common causes of dehydration include intense bouts of diarrhea, vomiting, fever or excessive sweating. Inadequate intake of water during hot weather or exercise also may deplete your body's water stores. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

Early Symptoms of Dehydration

Symptoms and signs of dehydration can be minor, such as increased thirst, or severe and life-threatening, depending on the extent of the dehydration.

The early symptoms of dehydration are

- thirst, and
- reduced urine output and darkening of the urine.

As dehydration progresses, other symptoms develop, including

- dry mouth,
- lightheadedness,
- muscle cramps, and
- palpitations.

Minor dehydration can be treated by replenishing the lost fluids your body has lost. Drink at least 32 ounces of water or sports drinks slowly and steadily. Rest, if you don't feel better, drink more slowly and steadily. For more serious dehydration, seek appropriate medical attention.

On a normal day, a person has to drink a significant amount of water to replace the routine loss.

The formula for daily fluid requirements depends upon an individual's weight.

Bodyweight	Daily fluid requirements (approximate)
100 pounds	50 ounces
150 pounds	65 ounces
200 pounds	70 ounces
250 pounds	85 ounces

This is the basic body requirement. More fluid would be needed to replace excess sweating from exercise or fever, fluid loss from vomiting, and diarrhea or increased urine production.



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OHBA Safety Pages: Safe Use of Table Saws

- Permit only trained and experienced workers to operate a saw.
 - Wear proper eye and hearing protection, and when required, respiratory protection.
 - Refer to and follow the table saw manufacturer's instructions for reducing the risk of kickbacks.
 - Make sure the guard is in place and working correctly.
 - Choose the proper saw blade for the type of work being done.
 - Keep saw blades clean, sharp, and properly set so they will cut freely without being forced.
 - Keep the work area clean. Operate the table saw in a non-congested, well-lighted area.
 - Feed material into the saw blade counter to the direction of rotation.
 - During cutting, keep hands out of the line of the saw cut.
 - Use the saw blade guard with a spreader and anti-kickback fingers for ripping or cross cutting operations.
 - Keep your body to the side of the saw blade out of the line of a possible kickback.
 - Use a push stick when ripping narrow stock.
 - When changing the saw blade:
 1. Operate the Stop button on the saw to shut off the machine.
 2. Disconnect the power supply.
 3. Place the plug end of the cord on top of the saw table. Or follow your Lockout / Tag-Out procedures for the machine.
 4. Replace the saw blade. Be sure to wear proper cut-resistant gloves when handling the saw blades.
 - Do not perform free-hand sawing. The stock must be held firmly against the miter gauge or rip fence to position and guide the cut.
 - Do not reach around or over a moving saw blade.
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- Do not leave the table saw unattended while the saw blade is in motion.



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OHBA Safety Pages: Radial Arm Saw Safety

Safe Use of Radial Arm Saws

- Permit only trained and experienced workers to operate a saw.
- Wear proper eye and hearing protection, and when required, respiratory protection.
- A radial arm saw cutting table must be of sufficient width so that no part of the saw blade overhangs the forward edge of the table. A stop may also be used to limit forward travel of the saw to prevent overhang.
- Saws must not be operated at speeds in excess of the manufacturer's recommendation.
- Only use accessories designed for the saw and recommended by the manufacturer.
- Make sure the blade guard is in place and properly adjusted.
- Stand on the handle side of the saw when cross cutting.
- Return the saw blade to behind the fence after each cut.
- Make sure the overall length of the saw table (both infeed and outfeed) is twice the length of the lumber being cut.
- Make sure during ripping that material is fed counter to the saw blade rotation.
- The motor head must be locked into position at the correct height and desired angle.
- Clamp stock to the table when making miter, bevel, or compound miter cuts. This overcomes the tendency of the stock to slide along the fence.
- Turn off the saw and unplug the electrical cord when making changes.
- When it is necessary to measure stock on the cutting table, the saw must be turned off until measuring is complete.
- Do not use radial arm saws for ripping unless spreader and anti-kickback devices are used.
- During operation, do not remove your hand from the operating handle unless the cutting head is behind the fence.
- Do not remove the stock from the cutting table until the saw blade has been returned to its position behind the fence.
- Do not cut "free-hand." The material to be cut must lie solidly on the cutting table against the back guide.
- Damaged blades should be replaced.



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OHBA Safety Pages: Safe Use of Pneumatic Nailing & Stapling Equipment

- Permit only trained and experienced workers to operate pneumatic nailing and stapling tools.
- Wear proper eye (safety glasses) and hearing (ear plugs and/or earmuffs) protection.
- Make sure the tool is maintained in safe operating condition.
- Inspect the tool before connecting to the air supply.
 - Check safety mechanisms if applicable.
 - Ensure the screws and cylinder caps are securely tightened.
 - Make sure the air pressure is as specified by the manufacturer for the tool.
- Before using, check that the tool is properly connected to the air supply and is in working order, with the safety mechanism operable.
- Do not operate the tool at air pressures above the manufacturer's specifications.
- Always handle the tool as if it contains fasteners (loaded).
- Always use a work-contacting element that limits the contact area to one as small as practical.
- Make sure the mechanical linkage between the work-contacting element and the trigger is enclosed.
- Disconnect the tool from the air supply and exhaust all air from the tool by squeezing the trigger when:
 - Not in use, or
 - Cleaning or adjusting, or
 - Clearing a blockage, or
 - Reloading
- Use only fasteners recommended by the manufacturer of the tool and follow the manufacturer's instructions when reloading.
- Do not point the tool at yourself or any other person.
- Do not squeeze the trigger unless the nose piece of the tool is directed at a safe work surface.
- Do not transport the tool with your finger on the trigger.
- Do not secure the trigger in the ON position.
- Do not overreach when using the tool.
- Ensure you have the right amount of air pressure for the size and type of nail/staple you are using. **Caution:** Too much pressure can cause a nail/staple to go right through the material and could cause serious injury to other workers
- If using nailers powered by butane or powder actuated be sure to follow the manufacturer's safe operating procedures on those as well.



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