

## HBACA Builder Safety Committee

### Heat Awareness Month – Initiative and Stand Down Kit

May 2020

#### Elements of the Kit:

***Suggestions for Implementation***

A summary of the game plan for the May HBACA Safety Committee Monthly Awareness Initiative and Group Stand Down Event with some “added touches” you may want to consider

***Heat Awareness Stand Down – Wednesday May 6, 2020***

**Tool Box Talk #1 – Get to Know Heat-Related Illness (English and Spanish)**

This Tool Box Talk planned for use during the Heat Awareness Stand Down provides an introduction to why this is important, how to recognize heat related illness, First Aid, and How to prevent Heat-Related Illness. This information comes from OSHA.gov.

Distribution Network:

**All Committee Members are encouraged to coordinate distribution of Tool Box Talk #1 in conjunction with of our member-sponsored valley-wide Builder Safety Committee Stand Down Event on Stand Down on May 6, 2020.**

***Heat Awareness Tool Box Talk #2 – OSHA Quick Card (English and Spanish)***

This Tool Box Talk planned for May, featuring information taken directly from OSHA.gov. This Tool Box Talk covers Heat Illnesses, Prevention, and What to Do When a Worker is Ill.

*Distribution Network:*

Committee Member Field Employees and, at each member builder’s discretion, their Trade Partners. Builders are encouraged to distribute these accordingly and organize brief safety meetings/discussion sessions throughout their communities.

Distribution/Implementation Dates:

Week of May 11 - 15, 2020

**Heat Awareness Tool Box Talk #3 – Water. Rest. Shade (English and Spanish)**

This Tool Box Talk also comes from OSHA.gov and provides some very simple, easy-to-understand concepts to keep everyone safe in the heat.

*Distribution Network:*

Committee Member Field Employees and, at each member builder's discretion, their Trade Partners. Builders are encouraged to distribute these accordingly and organize brief safety meetings/discussion sessions throughout their communities.

Distribution/Implementation Dates:

Week of May 25 - 29, 2020

***Stand Down Event Information Poster (English & Spanish)***

Let's get everyone's attention! Here's a poster our Committee membership can post advertising our event at all our respective communities throughout the month of May 2020.

**Additional Resources (Optional)**

## **Suggestions for Implementation**

### **Let's Get Started!**

As we've discussed in our recent meetings, one goal of the HBACA Builder Safety Committee is to coordinate a monthly safety initiative that heightens awareness of a critical residential construction safety issue. To implement this program member-companies team up and take turns spearheading each monthly initiative. For this initiative, we take Heat Safety Awareness. We hope you are as excited about this as we are!

### **What We've Planned**

For three weeks in May 2020, we've prepared a series of Tool Box Talks for the distribution and implementation of our Committee membership and their field staff. The idea is to set aside approximately 20 to 30 minutes a week to raise awareness of this safety challenge. Include your field staff, make it a series of events at each community, invite your trade partners if you are comfortable doing so, and/or implement the program however you see fit!

For the first week of the initiative we suggest that you coordinate Tool Box Talk #1 as part of either one centralized or a series of "Stand Down Events" in your communities, all taking place member-wide on a coordinated date of May 6, 2020.

### **Objectives of Tool Box Talks**

- Making time to communicate the dangers of working in high temperatures.
- Making time to communicate best practices to avoid injury.
- Making time to recognize and remind all of us that our profession is a potentially dangerous one with real hazards that can cause real injuries, human suffering, and even death!
- Making a united and unequivocal statement: "We care about you and your safety and we want you to come home to your loved ones each and every night healthy and happy!"

### **Objectives of Stand Down Event**

- On May 6, 2020, all Committee Builders will speak with one voice simultaneously in unison sending a consistent message to all our collective employees and trades – Heat Safety is Important! YOU ARE IMPORTANT!
- Send a message to all who participate: "Arizona Builders care about safety and take action to prevent injuries!"
- Set the tone for upcoming planned Monthly Safety Initiatives.

### **Additional Suggestions to Consider:**

- Distribute and post the Stand Down Event Posters (English and Spanish) in all your locations starting April 27, 2020.
- Consider posting copies not only in your Construction Offices but also in key locations throughout your

communities where workers will see them – Examples: J-Johns doors, storage sheds, on existing lot or safety signs, etc.

- Have your CMs ask the lunch truck drivers to post them on their trucks.
- LET'S GET THE WORD OUT THERE!
- Prior to distributing Tool Box Talks, print them on card stock or have them laminated so that they're not just a "throw-away item."
- Provide water or Gatorade as part of your Stand Down Event and Tool Box talks to help remind everyone of the importance of hydration. Spending \$50 or \$100 per community is money well spent!

# HBACA Safety Committee May 2019 Tool Box Talk #1

## Heat Safety Awareness Stand Down

May 2020

### Why is Heat Safety Awareness Important:

- Heat-related deaths are by far the number one weather-related killer in the country!
- In Maricopa County alone, there were 182 heat associated deaths in 2018!  
[\[source\]](#)

### How to recognize Heat-Related Illness:

Heat-Related Illness	Symptoms and Signs
Heat stroke	<ul style="list-style-type: none"><li>▪ Confusion</li><li>▪ Slurred speech</li><li>▪ Unconsciousness</li><li>▪ Seizures</li><li>▪ Heavy sweating or hot, dry skin</li><li>▪ Very high body temperature</li><li>▪ Rapid heart rate</li></ul>
Heat exhaustion	<ul style="list-style-type: none"><li>▪ Fatigue</li><li>▪ Irritability</li><li>▪ Thirst</li><li>▪ Nausea or vomiting</li><li>▪ Dizziness or lightheadedness</li><li>▪ Heavy sweating</li><li>▪ Elevated body temperature or fast heart rate</li></ul>

### How to help when someone shows signs of Heat-Related Illness:

OSHA's [Medical Services and First Aid standard](#) and the [Medical Service and First Aid in Construction](#) require the ready availability of first aid personnel and equipment. First aid for heat-related illness involves the following principles:

- Take the affected worker to a cooler area (e.g., shade or air conditioning).
- Cool the worker immediately. Use active cooling techniques such as:
  - Immerse the worker in cold water or an ice bath. Create the ice bath by placing all of the available ice into a large container with water, standard practice in sports. **This is the best method to cool workers rapidly in an emergency.**
  - Remove outer layers of clothing, especially heavy protective clothing.
  - Place ice or cold wet towels on the head, neck, trunk, armpits, and groin.
  - Use fans to circulate air around the worker.
- Never leave a worker with heat-related illness alone. The illness can rapidly become worse. Stay with the worker.
- When in doubt, call 911!

Confusion, slurred speech, or unconsciousness are signs of heat stroke. **When these types of symptoms are present, call 911 immediately and cool the worker with ice or cold water until help arrives.**

And remember, workers who are new to working in warm environments are at increased risk of heat-related illness.

### **How to prevent Heat-Related Illness:**

- Drink water even if you aren't thirsty – every 15 minutes.
- Avoid beverages containing alcohol and caffeine.
- Wear lightweight, light colored, loose-fitting clothing.
- Rest in the shade.
- Look out for each other.



# HBACA Safety Committee May 2019 Tool Box Talk #2



## Protecting Workers from Heat Stress

### Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high and the job involves physical work.

### Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

### Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

### Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

### To Prevent Heat Illness:

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.



For more information:  
**OSHA** Occupational Safety and Health Administration  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA (6742)

OSHA 3154-06R 2017



- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Designate a responsible person to monitor conditions and protect workers who are at risk of heat stress.
- Consider protective clothing that provides cooling.



### How to Protect Workers

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



### What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.



For more information:  
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# HBACA Safety Committee May 2019 Tool Box Talk #2

## OSHA® DATOS RÁPIDOS

### Protección contra el estrés por calor para trabajadores

#### Enfermedades causadas por el calor

Estar expuesto al calor puede causar malestares y llevar a la muerte. El más serio de estos males es la insolación. Otros males, como el agotamiento, calambres y erupciones cutáneas causadas por el calor, también deben evitarse.

Hay precauciones que se pueden aplicar cuandoquiera que las temperaturas estén altas y el trabajo exija un esfuerzo físico.

#### Factores de riesgo para enfermedades por calor

- Temperatura y humedad altas, estar expuesto directamente al sol, falta de brisa o viento
- Mucho esfuerzo físico
- No estar acostumbrado a trabajar en calor
- Poco consumo de líquidos
- Ropa impermeable

#### Síntomas del agotamiento por calor

- Dolor de cabeza, mareos o desmayo
- Debilidad y piel húmeda
- Irritabilidad o confusión
- Sed, náuseas o vómitos

#### Síntomas de insolación

- Puede haber confusión, incapacidad de pensar claramente, desmayo, colapso o espasmos
- Puede dejar de sudar

#### Para evitar una enfermedad a causa del calor:

- Establecer un programa completo para la prevención de enfermedad a causa del calor.
- Proveer capacitación sobre los factores de riesgo que llevan al estrés por calor y cómo evitarlos.
- Poner a disposición de los trabajadores bastante agua fresca cerca del lugar de trabajo. Hay que tomar por lo menos medio litro por hora.
- Modificar los horarios de trabajo y programar descansos frecuentes para tomar agua a la sombra o en aire acondicionado.



## OSHA® DATOS RÁPIDOS

- Aumentar gradualmente la carga de trabajo y permitir descansos más frecuentes para los trabajadores nuevos o los trabajadores quienes han estado fuera del trabajo para que puedan adaptar a trabajar en el calor (aclimatación).
- Designar a una persona responsable para monitorear las condiciones y proteger a los trabajadores en riesgo de sufrir del estrés por calor.
- Contemplar el uso de ropa protectora que también refresque.



#### Cómo proteger a los trabajadores

- Conozca los síntomas de enfermedades a causa del calor; vigílese a sí mismo; póngase de acuerdo con un compañero para vigilarse entre sí.
- Bloquee el sol directo y otras fuentes directas de calor.
- Tome bastantes líquidos. Tómelos con frecuencia y ANTES de sentir sed. Tome agua cada 15 minutos.
- Evite las bebidas alcohólicas o las con cafeína.
- Use ropa liviana, suelta y de colores claros.



#### Qué hacer cuando un trabajador está enfermo por el calor

- Pídale ayuda a un supervisor. Si no hay un supervisor disponible, llame al 911.
- Asegúrese de que alguien acompañe al afectado hasta que llegue ayuda.
- Traslade al trabajador a una zona más fresca o a la sombra.
- Quitele la ropa exterior.
- Abanique y humedezca al afectado con agua; aplíquele hielo (bolsa de hielo o toallas heladas).
- Bríndele agua fresca, si es capaz de beber.

SI EL TRABAJADOR NO ESTÁ ALERTA o parece estar confundido, puede estar sufriendo de insolación. LLAME AL 911 INMEDIATAMENTE y aplíquele hielo tan pronto como sea posible.



Departamento de Trabajo  
de los EE. UU.

Para más información:  
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Ocupacional  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA (6742)





# WATER. REST. SHADE.

*The work can't get done without them.*



**A HEAT SAFETY FACT SHEET**



# Two types of heat illness:

## Heat Exhaustion



Dizziness



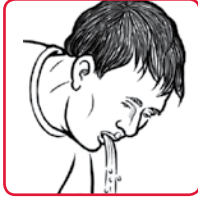
Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



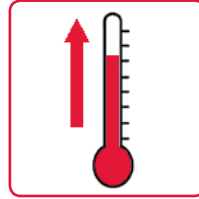
Cramps



## Heat Stroke



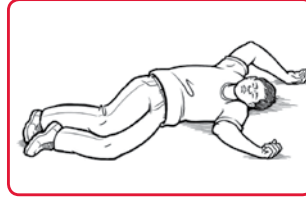
Red, hot, dry skin



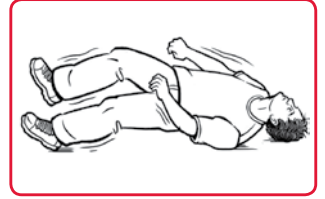
High temperature



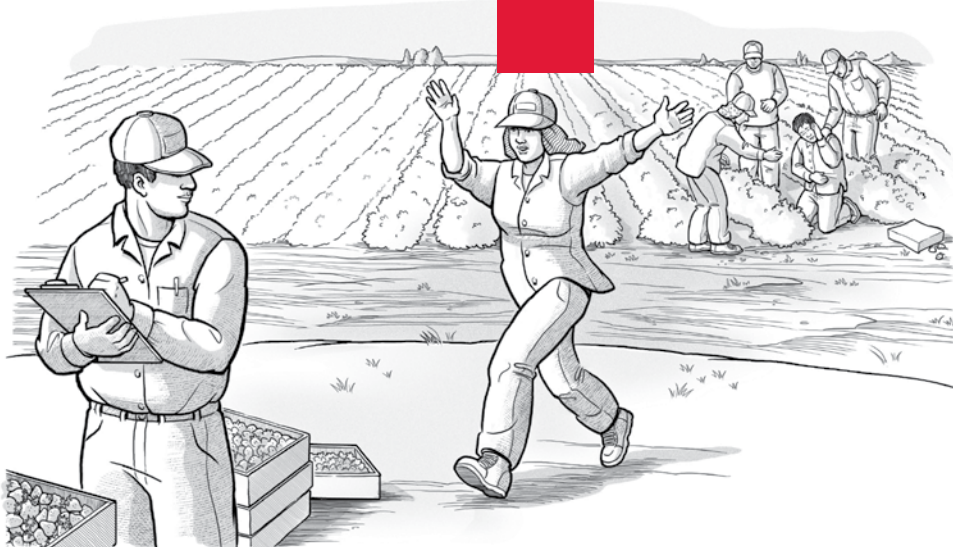
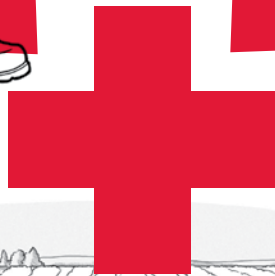
Confusion



Fainting



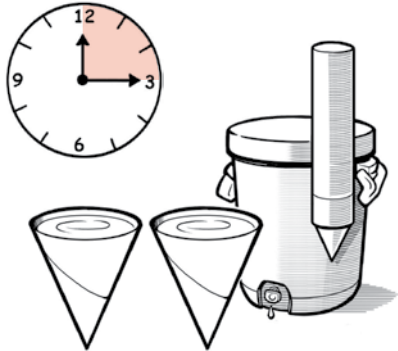
Convulsions



***Heat kills – get help right away!***

# Stay safe and healthy!

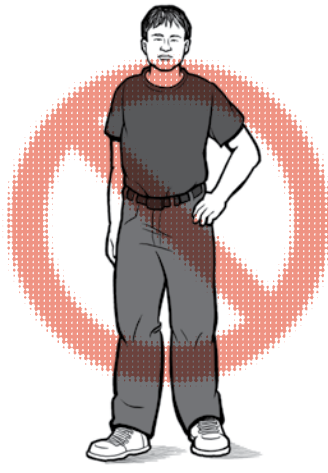
Drink water even if you aren't thirsty – every 15 minutes



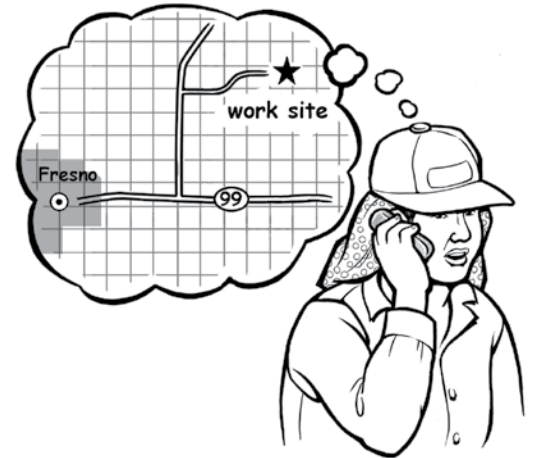
Watch out for each other



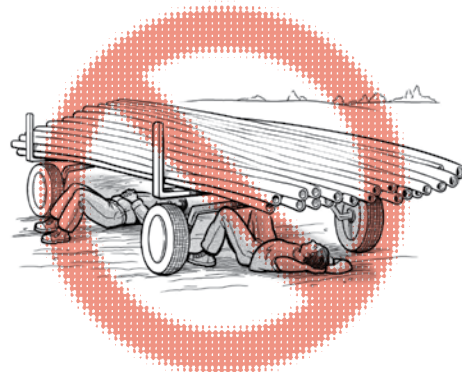
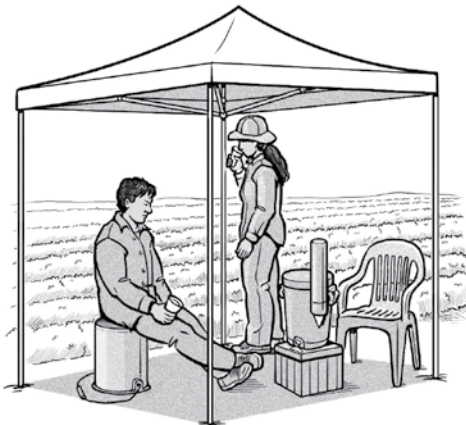
Wear a hat and light-colored clothing



Know where you are working in case you need to call 911

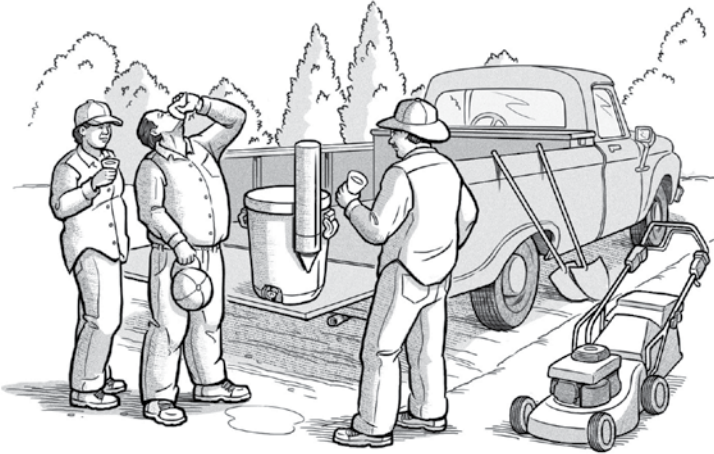


Rest in the shade

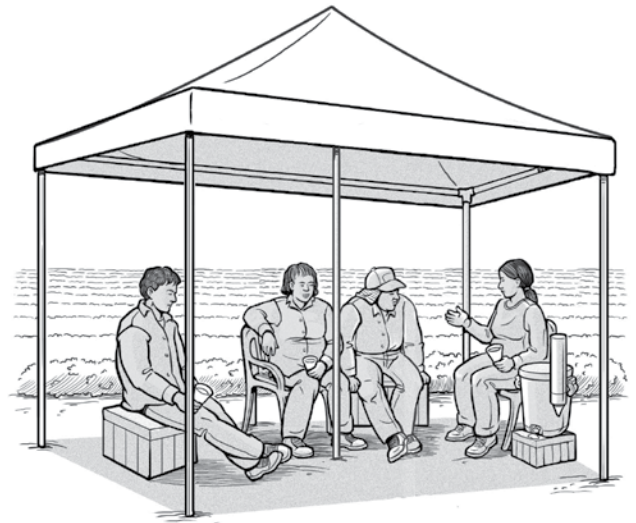




# Heat illness can be prevented!



**Water**



**Shade and Rest**



**Training**



**Emergency Plan**



U.S. Department of Labor

**OSHA**<sup>®</sup> Occupational Safety and Health Administration  
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# AGUA. SOMBRA. DESCANSOS.

*Sin ellos no se puede trabajar.*



**UNA HOJA INFORMATIVA SOBRE EL CALOR**

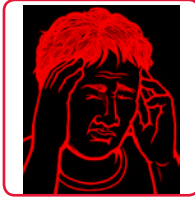


# Dos tipos de enfermedades por calor:

## Agotamiento



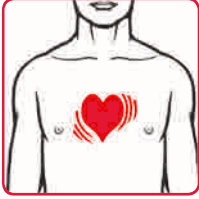
Mareos



Dolor de cabeza



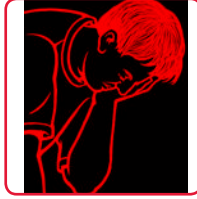
Mucho sudor



Pulso rápido



Nauseas y vómitos



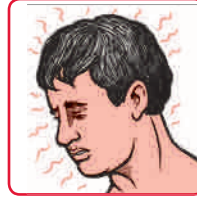
Debilidad



Calambres



## Insolación



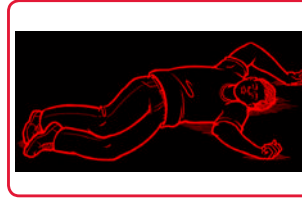
Piel colorada,  
caliente y seca



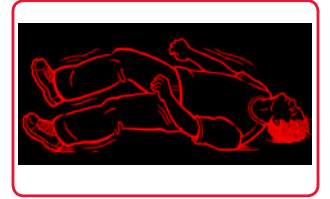
Temperatura alta



Desorientación



Desmayo



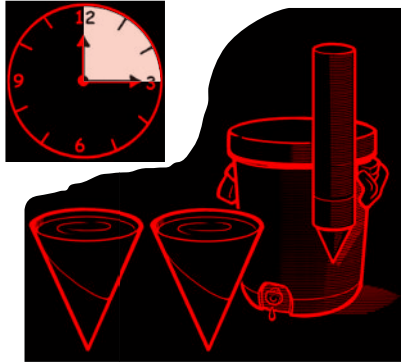
Convulsiones



***El calor mata – ¡Consiga ayuda de inmediato!***

# ¡Manténgase seguro y sano!

Tome agua aunque no tenga sed – *cada 15 minutos*



Esté pendiente de sus compañeros



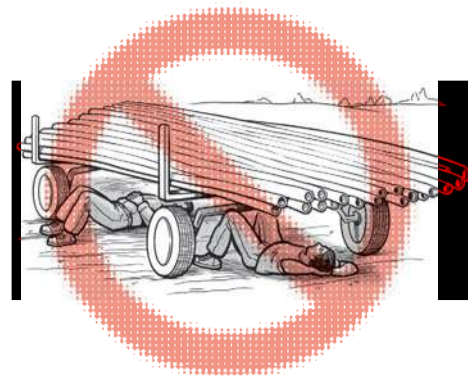
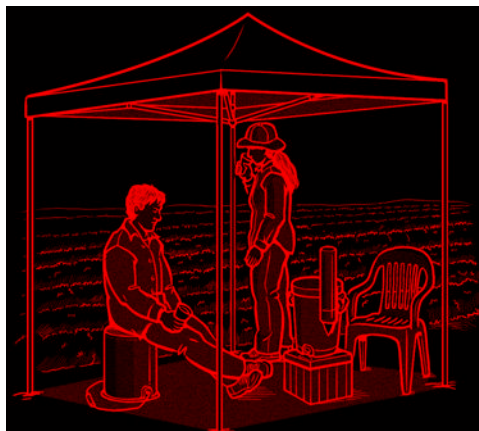
Use sombrero y ropa ligera de colores claros



Sepa dónde está trabajando por si necesita llamar al 911



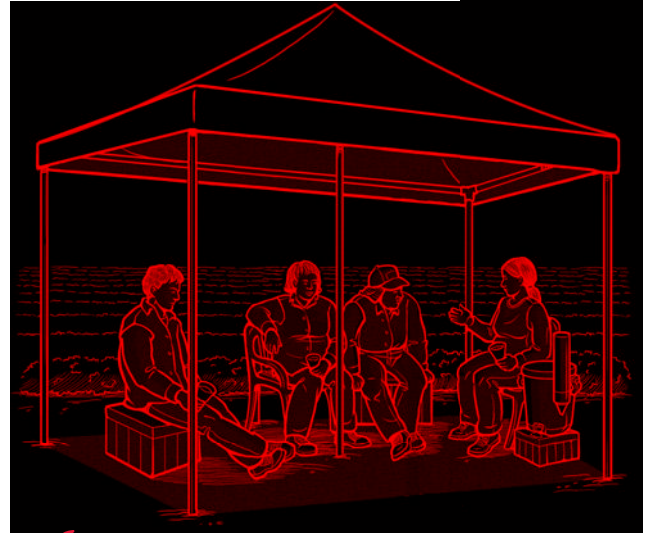
Descanse en la sombra



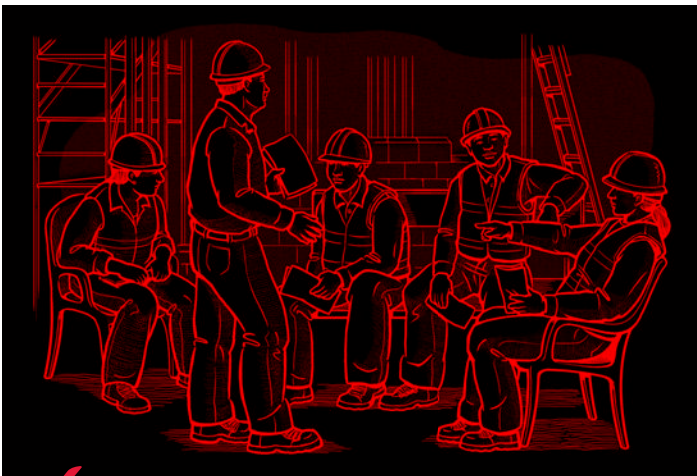
# ¡Se pueden prevenir las enfermedades por calor!



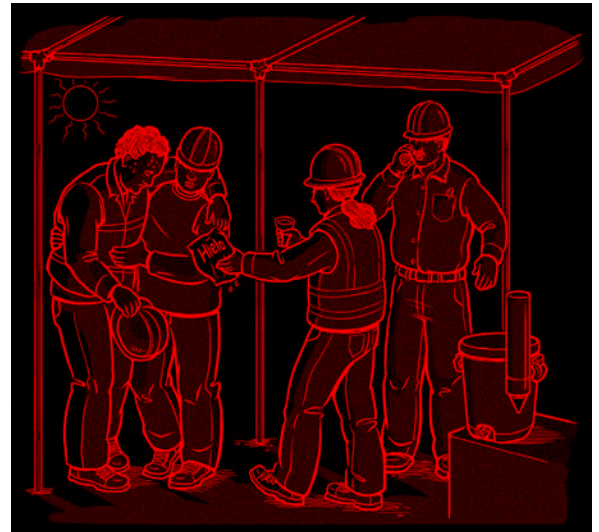
Agua



Sombra y descansos



Capacitación



Plan de emergencia



Departamento de Trabajo de los EE. UU.



Administración de Seguridad y Salud Ocupacional  
Departamento de Trabajo de los EE. UU.



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# H B A C A

Home Builders Association of Central Arizona

## STAND DOWN HEAT AWARENESS MAY 6<sup>TH</sup> PLEASE PLAN 10 MINUTES @ 10AM

- PLAN IN ADVANCE
- POST FLYER EARLY IN THE WEEK
- GIVEWAYS FOR PARTICIPANTS SUCH AS...

### OSHA QUICK CARD

#### Protecting Workers from Heat Stress

**Heat Illness**  
Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions your employer should take any time temperatures are high and the job involves physical work.

- Risk Factors for Heat Illness**
- High temperature and humidity, direct sun exposure, no breeze or wind
  - Low liquid intake
  - Heavy physical labor
  - Waterproof clothing
  - No recent exposure to hot workplaces

- Symptoms of Heat Exhaustion**
- Headache, dizziness, or fainting
  - Weakness and wet skin
  - Irritability or confusion
  - Thirst, nausea, or vomiting

- Symptoms of Heat Stroke**
- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
  - May stop sweating

- To Prevent Heat Illness, Your Employer Should**
- Establish a complete heat illness prevention program.
  - Provide training about the hazards leading to heat stress and how to prevent them.
  - Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.



### OSHA QUICK CARD

#### Protecting Workers from Heat Stress

- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.

- How You Can Protect Yourself and Others**
- Know signs/symptoms of heat illnesses; monitor yourself, use a buddy system.
  - Block out direct sun and other heat sources.
  - Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
  - Avoid beverages containing alcohol or caffeine.
  - Wear lightweight, light colored, loose-fitting clothes.

- What to Do When a Worker is ill from the Heat**
- Call a supervisor for help, if the supervisor is not available, call 911.
  - Have someone stay with the worker until help arrives.
  - Move the worker to a cooler/shaded area.
  - Remove outer clothing.
  - Fan and mist the worker with water; apply ice (ice bags or ice towels).
  - Provide cool drinking water, if able to drink.

**IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.**

**If you have any questions or concerns, call OSHA at 1-800-321-OSHA (6742).**



Presented By:



## **Additional Resources (Optional) Related Safety Video and Resource Links**

- **NAHB TOOLBOX TALK: HEAT STRESS (ENGLISH)**  
<https://www.youtube.com/watch?v=QWoux3EVDrc>
- **NAHB TOOLBOX TALK: HEAT STRESS (SPANISH)**  
<https://www.nahb.org/>
- **ADOSH Heat Stress Awareness Page**  
<https://www.azica.gov/heatstress>
- **OSHA-NIOSH Heat Safety Tool App**  
<https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>
- **OSHA Heat Illness Prevention Training Guide: A Lesson Plan for Employers**  
[https://www.osha.gov/SLTC/heatillness/osha\\_heattraining\\_guide\\_0411.pdf](https://www.osha.gov/SLTC/heatillness/osha_heattraining_guide_0411.pdf)
- **OSHA Heat Illness Awareness Page**  
<https://www.osha.gov/pls/publications/publication.athruz?pType=Industry&pID=571>