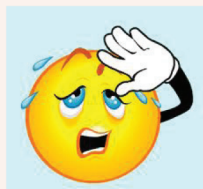




# TWU LOCAL 100

## Safety and Health Department

# Working in the Heat



**Working in hot environments is not safe.** Your body builds up heat when you work and sweats to get rid of it. Too much heat can make you tired, hurt your job performance, and increase your chance of injury. When the temperature changes quickly, you need time for your body

to get adjusted to the heat. Be extra careful early in the summer when hot spells begin.

*You have a right to a safe & comfortable work environment.*

## **DON'T WAIT FOR THE 90-DEGREE HEAT. PLAN FOR IT!**

- Clean water provided through a fountain, cooler or bottled water at all locations
- Cool work areas and break rooms
- Ventilation to bring in clean air and take out hot air
- Make adequate water supplies part of your daily workplace inspection

To follow up with supervision, call your respective Field Office. If you are a CTA, you must ask your respective Field Office for a comfort before entering the booth to cool down. If you feel unwell, you must notify

OSAC and inform them that you are going home. Doctor's lines will be needed on your return. Field Office numbers are as follows: 125th Street: 212-712-3127 or 718-436-8421; 44th Street: 212-424-5407 or -5408; 7th Ave: 718-243-3903 or 243-3905; Parsons-Archer: 718-334-8106. OSAC is 347-694-6500. Sick Desk for CTA's ext. 42.



***If needed, file a Safety Rule Dispute Resolution Form.***

## Heat Exhaustion

### ***What are the symptoms?***

HEADACHES; DIZZINESS OR LIGHTEADEDNESS; WEAKNESS; MOOD CHANGES SUCH AS IRRITABILITY, CONFUSION, OR THE INABILITY TO THINK STRAIGHT; UPSET STOMACH; VOMITING; DECREASED OR DARK-COLORED URINE; FAINTING OR PASSING OUT; AND PALE, CLAMMY SKIN

### ***What should you do?***

- Act immediately. If not treated, heat exhaustion may advance to heat stroke or death.
- Move the victim to a cool, shaded area to rest. Don't leave the person alone. If symptoms include dizziness or lightheadedness, lay the victim on his or her back and raise the legs 6 to 8 inches. If symptoms include nausea or upset stomach, lay the victim on his or her side.
- Loosen and remove any heavy clothing.
- Have the person drink cool water (about a cup every 15 minutes) unless sick to the stomach.
- Cool the person's body by fanning and spraying with a cool mist of water or applying a wet cloth to the person's skin.
- Call 911 for emergency help if the person does not feel better in a few minutes.