

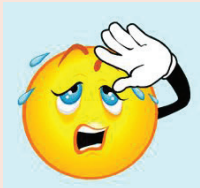


TWU LOCAL 100

Safety and Health Department

Summer 2011

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:
Station command center: 212-712-5277 • TA/OA: Call Console.

Request immediate medical assistance • RTO command: 212-712-4480

CED: Call your Barn Chair or Local Union rep. • MOW control: 212-712-4120



If needed, file a Safety Rule Dispute Resolution Form.
For off-hours safety emergencies call 347-203-8919.

Heat Exhaustion

What are the symptoms?

HEADACHES; DIZZINESS OR LIGHTHEADEDNESS; 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.