



TWU Local 100's Safety Team — Working
to Make Sure You Make it Home



WORKING IN THE HEAT

Working in the heat 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 the 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
- Make adequate water supplies part of your daily workplace inspection
- Cool work areas and break rooms
- Ventilation to bring in clean air and take out hot air
- HVAC in operating cars working as designed



Heat Exhaustion

What are the symptoms?


- HEADACHES
- DIZZINESS OR LIGHT-HEADEDNESS
- 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 lightheadness, 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 and contact supervision. Workers in RTO, buses and stations should call the appropriate Control Center.

If needed, file a Safety Rule Dispute Resolution Form.

TWU LOCAL 100 SAFETY DEPARTMENT



Richard Davis
Director, Safety Department
Secretary-Treasurer

Subways



Celeste Kirkland
MOW
favoredcee@gmail.com
212-920-1131



Denise Long
RTO
dlong@twulocal100.org
929-276-2137



Nilda Lont
STA
nlont@twulocal100.org
917-913-7716




Lionel Harrison
CED
lharrison@twulocal100.org
718-310-0622



TWU Local 100's Safety Team – Working to Make Sure You Make it Home


Buses



Joseph DiPaola
MABSTOA
jdipaola@twulocal100.org
917-972-7525



Rocky Veltri
TAS
rveltri@twulocal100.org
718-607-1100



Jamie Ayuso
PBL
jayuso@twulocal100.org
917-856-3679