



Safety Alliance Updates

OSHA Alliance News

In Conjunction with the OSHA Alliance

Important Dates:

August 18, 2010
Alliance Meeting

November 10, 2010
Alliance Meeting

Safety Quote:

Safety is being conscious that accidents happen when we lose our focus and don't use our tools properly!

On Tuesday, July 13, 2010, the OSHA Alliance Region IV partners sponsored a safety stand down on jobsites throughout the Southeast region. The stand down's purpose was to heighten awareness on safety related issues throughout our industry making the work environment a better place for the safety and health of employees. The topic was "The Misconception of Live Line Tools", and primarily focused on the Hot Hoist and the Insulation Stick. At the start of shift on this day, employers shut down their jobsites to educate their employees on the proper use of a lineman's hoist and re-emphasized the importance of using a link stick or a bell with shackles as a form of insulation between the hoist and two different potentials.

The Alliance would like to extend our appreciation to all that committed to the stand down.

There were one-hundred twenty participating jobsites and over eight-hundred fifteen participants. Each contractor was asked to complete a survey upon completion of the presentation. The surveys provided valuable feedback and will be utilized in planning future training events. One issue illustrated in the surveys was a common concern that employees are experiencing each year and particularly this summer with temperatures reaching record highs, heat related illnesses. OSHA recognizes this very serious issue and has developed a reference guide to refer when working environments pose a potential for heat stress. In this newsletter issue, we have provided this information to further bring awareness to this issue and to provide the employers and employees with OSHA's tips to refer when faced with any heat stress related illness.

For anyone that was unable to participate in the stand down present-

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Southeastern Line Chapter, NECA 1015 Tyrone Road, Suite 310, Tyrone, GA 30290

Phone: 770.969.9209 / Fax: 770.969.8849

Email: contacts@slccneca.org

HEAT STRESS

Protect Yourself

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsion.

Preventing Heat Stress

- Know signs/symptoms of heat related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

What to Do for Heat-Related Illness

Call 911 (or local emergency number) at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.