



June 1, 2017

Summer Worker Safety

According to the U.S. Bureau of Labor Statistics, more injuries occur during the summer months than at other times of the year. Seasonal factors ranging from more direct sunlight to higher temperatures can—and usually do—impact the working conditions. Just consider the potential effects of sweaty palms, fogged-up safety goggles, and dehydration. Yet many heat-related illnesses and injuries that lead to workers’ compensation claims are preventable. Here are some tips:

1. Drink water moderately, but often. Whether outside or in a facility with no air conditioning, drink small amounts of water every 15 minutes, even if you’re not thirsty. Avoid drinking large quantities of water at once to avoid sodium depletion, which can cause fainting, fatigue and cramping, among other negative symptoms.
2. Choose a sunscreen that offers “full spectrum” protection. A sunscreen’s SPF rating is not always the best way to verify the best product. Some sunscreens with high SPF protect from UVB rays only, so look for one that offers UVA protection as well. If you are in an outdoor work environment where you risk bug bites, put on sunscreen first, followed by insect repellent.
3. Wear safety glasses with UV protection. It is not just skin that needs protection while out in the sun. Eyes can easily suffer from too much sun exposure, so when selecting safety glasses for a job site, select a pair that offers UV protection. Many clear polycarbonate lenses offer as much UV protection as tinted lens, so research with your safety supplier to learn what glasses will provide protection and work for your functional needs.
4. Choose lightweight clothing. If appropriate in the work environment, wear clothing that is non confining and made of a light, breathable fabric, like cotton. When choosing safety accessories, such a reflective vest, select one that is lightweight to avoid excessive sweating and warmth.
5. Know the difference between heat exhaustion and heat stroke. Heat exhaustion occurs when you’ve been exposed to high temperatures and you become dehydrated. If ignored, heat exhaustion can result in heat stroke, which is when the body’s core temperature exceeds 105 degrees and starts to lose consciousness. When in doubt, call 911 if you or a co-worker becomes ill in the summer heat.

UPCOMING TRAINING

First Aid/CPR/AED

Location: Boise State University, Pioneer Hall 102
Date: TBD

Building Coordinator 101

Location: Boise State University
Date: TBD

Basic roles, responsibilities, and resources for BSU campus building coordinators.

FROM THE INTERNET



25 signs You Have An Awesome Safety Culture

Source: ergo-plus.com



Sun Exposure Safety

Source: CDC/NIOSH

SAFETY BRAIN TEASER

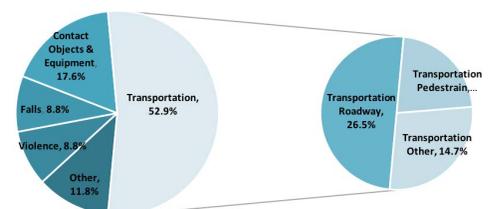
What's wrong with this picture?



Last month’s teaser: Lower platform is incomplete, guardrails are missing, scaffolding brace is missing, unsecured tools/ bucket near edge of platform, gap in upper platform, no safe access to platforms (workers have to climb through guardrails/ braces), ladder is too short, the scaffold is tagged out because it is unfinished.

MANAGER’S CORNER

Figure 1: Most Fatalities are Transportation Accidents
Workplace Deaths by Cause, Idaho, 2014



SHARE YOUR THOUGHTS...

Please feel free to contact us to provide feedback on the content of this newsletter, or to suggest topics that you would like to see addressed, or inquire about training you wish to participate in.

Reg Pope
Training and Development Coordinator, EHSS
Occupational Safety
(208) 426-3998
regpope@boisestate.edu