

# Tailgate Topic Review

## [PP 05/26/2019 - 06/08/2019] Hot Weather and Sun Protection

### Heat Illness Prevention

Elements Include:

- Access to Water
- Access to Shade
- Weather Monitoring and Acclimatization
- High Heat Procedures
- Employee and Supervisory Training
- Written Procedures Including Emergency Respons

Water is available to inspectors at

- Job site trailers per contract documents
- Contractor work site – water jugs
- Employees encouraged to drink one quart per employee per hour for the entire shift

Access to shade:

- Job site trailer
- Contractor areas with acceptable shade
- Inspector's mileage vehicle
- Shade is defined as blockage of direct sunlight measured when objects do not cast a shadow in the area of blocked sunlight.

Heat Advisory

- BCA inspectors shall monitor the daily news for heat advisories.
- Inspectors have either city vehicles or mileage vehicles with radios.
- If the temperature exceeds 95° special emphasis by supervisors shall be made to inform their staff to follow these guidelines.



Emergency Response:

- If an inspector begins to feel faint or have signs of heat illness they shall immediately
  - Move to a shaded area
  - Contact their supervisor
  - Contact a contractor' representative
  - Contact a co-worker at the site
- Contact emergency services if conditions worsen
- The worker that is exhibiting signs or symptoms of heat illness shall be monitored and shall not be left alone or sent home without being offered onsite first aid and/or being provided with emergency medical services.

Signs or symptoms of severe heat illness such as, but not limited to

- decreased level of consciousness,
- staggering,
- vomiting,
- disorientation,
- irrational behavior or
- convulsions

**For more information refer to:  
Cal-OSHA Regulations  
§3395. Heat Illness Prevention**



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HEAT ILLNESS	SYMPTOMS
Dehydration	Dry, sticky mouth; headache; not urinating much; dark yellow urine
Heat Rash	Red bumps on skin usually on neck; chest; and folds of skin
Heat Cramps	Heavy sweating; muscle pain
Heat Exhaustion	Heavy sweating, nausea or vomiting; dizziness; light headedness; weakness; irritability; fainting; fast breathing; fast pulse
Heat Stroke	Very high body temperature; fast pulse; fainting; confusion; passing out; convulsions; coma; and in many cases, DEATH

### Workers Cannot Keep Hydrated by Drinking Water Alone

When we sweat we not only lose water but also essential salts and minerals known as electrolytes. Electrolytes play a number of key roles in the body, and one of these is water retention. If lost electrolytes are not replaced, a phenomena known as '[involuntary dehydration](#)' can occur, whereby the body struggles to rehydrate even when fluid intake exceeds sweat rate.

### Work Assignments during Hot Weather

Supervisors should consider an inspectors general health status when assigning inspection duties in extreme heat advisory periods. If the assigned inspector has had previous medical conditions that may increase the risk of heat illness the supervisor should not assign them to a project that requires extended periods in the heat with excessive walking or climbing.

If there is no other options for a different assignment the supervisor should make an effort to monitor the well-being of the assigned inspector.

**The employee also has a duty to inform their supervisor of any health related situations that may impact assignment during excessive high temperatures.**

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## Tips to Keep Cool

While it is certain that the summer months will bring plenty of sun and high temperatures, there are simple ways to help your employees avoid illness due to heat exposure. Following are six tips to beat the summer heat in the workplace.

**1. Drink plenty of fluids.** Staying hydrated will help your body perspire and maintain a normal body temperature.



**2. Work while it's cooler.** If workers spend a substantial portion of the shift outdoors or if heat index levels rise during peak work hours indoors, schedule shifts when the sun is less intense and temperatures are cooler whenever possible.



**3. Require mandatory breaks.** Downtime in the summer allows workers to cool down in an air-conditioned or shaded area. Follow the break and rest period guidance given by OSHA as Heat Index levels rise.

**4. Dress smart.** Wearing excess clothing or tight fitting clothing won't allow your body to cool properly. Loose, breathable cotton is best for keeping cool during work summer months. However, appropriate personal protective equipment (PPE) must still be used. Additional breaks may need to be scheduled to account for the strain on the body of wearing additional protection in high temperatures.



**5. Protect against the sun.** When outdoors, wear a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 30. Apply sunscreen generously, and reapply every two hours – more often if you're perspiring.

**6. Be prepared.** Stay updated on workplace training and encourage workers to participate in wellness programs that bolster fitness. An active lifestyle helps individuals tolerate heat and sun better.