Summer Safety Communications Pack

Toolkit & Resources

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Heat Related Illness Awareness



Why this matters...

Heat exposure can occur **indoors or outdoors**, during any season, and can lead to **serious illness or death** if not recognized and addressed early. Every year, workers become ill or die from heat exposure, even though **heat illness is preventable**. Both employers and workers play a role in recognizing hazards and taking action to stay safe.

What to look for…

Heat risk increases due to:

- **High temperatures and humidity**
- **Direct sun exposure or radiant heat** (e.g., furnaces, hot equipment)
- **Physical exertion and heavy workloads**
- **Limited airflow or lack of cooling**
- **New or returning workers** who are not yet acclimatized

Heat Related Illnesses and Symptoms

Heat illnesses occur on a spectrum and can worsen quickly if not treated.

Early warning signs:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating, muscle cramps
- Thirst and decreased urine output

Medical emergency signs:

- Confusion, abnormal behavior, or slurred speech
- Seizures or fainting
- Hot, dry skin or very high body temperature

If these occur call **911 immediately**, begin cooling with water or ice, move to a cooler area, and **do not leave the worker alone**.

Personal Risk Factors

Some workers may be at higher risk due to:

- **Health conditions** (e.g., heart disease, diabetes, kidney disease, asthma, prior heat illness)
- **Medications** (e.g., diuretics, blood pressure meds, antihistamines)
- **Physical factors** (previous heat exposure/illness, lower fitness, dehydration, unacclimated)
- **Behavioral factors** (alcohol use, poor nutrition, low water intake)

Workers should be aware of their own risk factors and communicate concerns early.

How to Protect Yourself – Water, Rest, Shade

Hydrate frequently: drink about **1 cup (8 oz.) every 15–20 minutes**, even if not thirsty

Do not exceed 48 oz. per hour to avoid other medical risks

Plan and take **regular rest breaks** in shaded or cool areas

Wear **light-colored, loose-fitting, breathable clothing** when possible

Gradually **acclimatize** to heat—new or returning workers should increase exposure slowly

Use a **buddy system** to check on each other for symptoms

Stop work and report symptoms early—**when in doubt, get medical help**

Treating Heat Related Illness

For less severe symptoms like heavy sweating, dizziness, or headache, follow these steps:

- **Move to a Cooler Spot:** Get into an air-conditioned building or a shady area.
- **Loosen Clothing:** Remove heavy or tight-fitting clothes to allow air to reach the skin.
- **Hydrate Slowly:** Sip cool water or sports drinks containing electrolytes. Avoid alcohol and caffeine, which can worsen dehydration.
- **Get Flat:** Lay the person down and slightly elevate their feet to help with blood flow.
- **Monitor Symptoms:** If symptoms do not improve within **one hour**, or if they worsen (e.g., vomiting), seek medical attention immediately.

If someone is confused, loses consciousness, or has a temperature above 104°F, call emergency services (911) immediately.

Key Takeaways and Safety Message

What heat hazards are present in today's work area (weather, equipment, workload)?

Do we have enough water, shade, and rest opportunities available?

Who may be at higher risk today (new workers, hard labor, long shifts)?

What is our plan if someone shows signs of heat illness?

Heat illness can escalate fast—but it is **100% preventable** with awareness, hydration, rest, acclimatization, and early action.

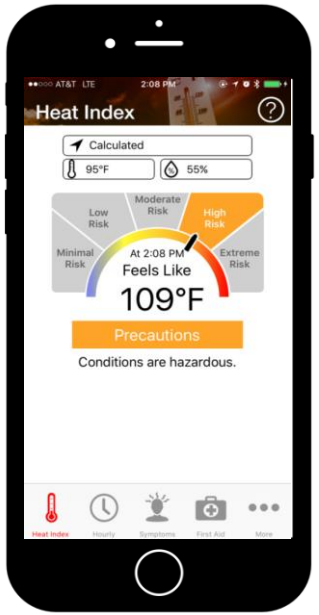
Speak up, look out for each other, and stop work if conditions become unsafe.

Heat Stress Resources

OSHA Heat Illness Prevention

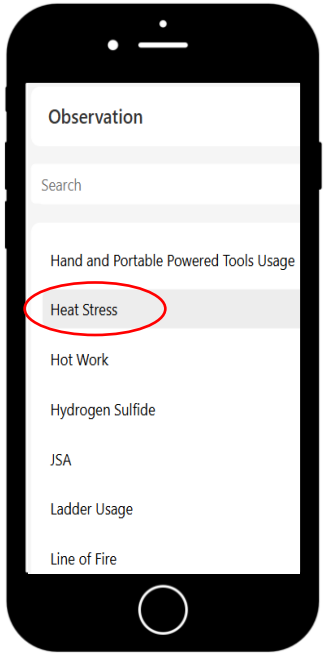
- Work Safely in Heat.pdf
- Protecting Workers from the Effects of Heat.pdf
- Personal Risk Factors and Heat Exposure.pdf
- Keeping Workers Well-Hydrated.pdf





OSHA Heat Safety Smartphone App

- Apple Store Link
- Android Google Play Link



HSE Connect

- Select Heat Stress Verification
- Add comments how personnel are managing the heat:
  - Temp/Humidity (Heat Index)
  - Work/Rest Regimen
  - Fluid intake
  - Designated cool down areas
  - Personal Factors

Severe Weather and Wildfire Awareness



Why this matters…

Severe weather hazards including:

- **Tornadoes**
- **Lightning**
- **High Winds**
- **Flooding**
- **Wildfires**

Can develop rapidly and create life-threatening conditions for workers **in the field or while traveling**. These hazards can result in **serious injury, respiratory illness, property damage, or death** if not recognized early and managed properly. Preparedness and timely action save lives.

What to look for…

Weather alerts from smartphones, NOAA Weather Radio, sirens, or local news

Dark clouds, increasing winds, thunder, or lightning

Heavy rainfall leading to standing or moving floodwaters

Smoke, reduced visibility, falling ash, or strong smoky odors indicating wildfire activity

Evacuation notices or poor air quality conditions related to nearby wildfires

Watches vs. Warnings:

- **Watch** = Be Prepared
- **Warning** = Take Action / Seek Shelter Immediately

Hazards and Health Effects

Lightning: Can strike up to 10 miles from a storm; no place outdoors is safe during thunderstorms

Tornadoes & High Winds: Flying debris, structural failure, and overturned equipment

Flooding: Moving water can knock workers down or sweep vehicles away

Wildfires:

- Rapid fire spread and limited escape routes
- Smoke inhalation causing eye, throat, and lung irritation
- Increased risk of breathing difficulty, heat stress, and cardiovascular strain

How to Protect Yourself

Continuously **monitor weather and fire conditions** before and during work

Follow the site **Emergency Action Plan (EAP)** and evacuation procedures

When thunder roars, go indoors—seek a fully enclosed building
If no building is available, shelter in a **hard-topped vehicle with windows up**

It's recommended to remain sheltered **30 minutes after the last thunder**

During tornadoes/high winds:

- Move to the **lowest, most interior area** away from windows

During flooding:

- **Turn Around, Don't Drown**—never walk or drive through floodwaters

During wildfire smoke conditions:

- Limit outdoor work when possible
- Relocate or pause work if visibility or air quality worsens
- Report symptoms such as coughing, dizziness, or breathing difficulty immediately

Key Takeaways and Safety Message

What severe weather or wildfire risks could affect us today?

How will we receive alerts or evacuation instructions?

Where is our designated shelter or safe area?

At what point do we **stop work and take action** if conditions change?

Severe weather and wildfires are predictable hazards that demand immediate respect.

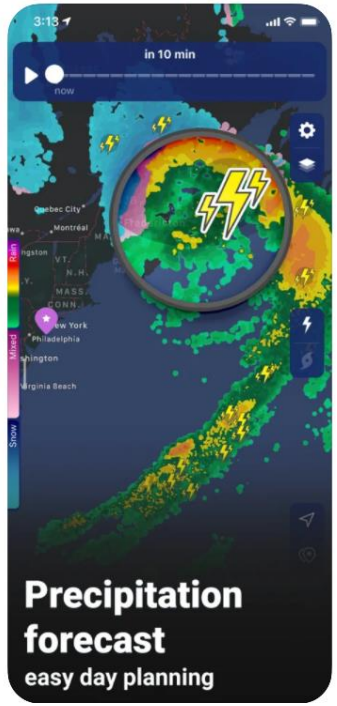
If conditions deteriorate—stop work, communicate, and move to safety. No task is worth the risk.

Weather Apps and Websites



Weather Bug

- Website
- Apple Store Link
- Android Google Play Link



National Oceanic and Atmospheric Administration (NOAA)

- Website
- Apple Store Link
- Android Google Play Link

Biological Awareness



Why this matters…

Biological hazards are commonly present in outdoor and field work environments. Snakes, insects, spiders, plants, and mosquito-borne illnesses can cause **injury, illness, allergic reactions, or long-term health effects.** Awareness and simple preventive actions significantly reduce risk.

Hazards and Health Effects

Venomous Snake Bites: Immediate symptoms include intense pain, swelling, blisters, and dizziness, with potential long-term complications.

Insect Bites and Stings: Fire ant stings cause pain and pustules; multiple stings risk severe allergic reactions. Bee, wasp, or hornet stings may trigger allergic reactions.

Spider Bite Effects: Black widow bites cause muscle cramps and pain; brown recluse bites lead to tissue damage and systemic symptoms.

Lyme Disease from Tick Bites: Can cause flu-like symptoms and long-term complications if untreated.

West Nile Virus: Symptoms range from mild fever and body aches to long-term neurological effects.

Poison Ivy: Causes allergic skin reactions, resulting in severe, itchy rash, blisters, and swelling.

Seek medical attention immediately for **difficulty breathing, severe reactions, spreading infection, or neurological symptoms**.

How to Protect Yourself

Maintain **distance from snakes** and use tools to probe unseen areas; **never attempt to capture or kill snakes**.

Stay alert to **biological hazards during job planning and walkdowns**

Avoid disturbing **nests, brush, and stored materials**

Key Takeaways and Safety Message

What biological hazards are present at today’s work location?

Are we prepared and equipped to reduce exposure?

Have we identified areas to avoid (ant mounds, brush, hidden areas on skids)?

What is the plan if someone is bitten, stung, or develops symptoms?

Biological hazards are **predictable and preventable**. Awareness, proper PPE, good housekeeping, and early response protect both individual workers and the crew.