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- ❖ Face shield
- ❖ Dust mask
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- ❖ Goggles
- ❖ Gloves
- ❖ Coveralls
- ❖ Non-slip safety footwear

The type of PPE required will depend on the exposure type. A face shield or dust mask may be sufficient, or a full face respirator may be necessary.



Fireworks Safety

Every year thousands of people are injured by home fireworks celebrations. Help your employees stay safe while enjoying their 4th of July holiday by sharing these helpful tips;

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks

Follow these safety guidelines and you won't ruin your holiday festivities by ending it with a trip to the emergency room or Urgent Care. Happy 4th of July!!

Dust In The Workplace

Dust is classed as a substance that is hazardous to health under the Control of Substances Hazardous to Health Regulations. The main causes of dust can come from drilling, grinding, and cutting of materials such as cardboard, stone, and metals.. Dirty ventilation, and air conditioning (HVAC) systems, and general lack of maintenance and upkeep of the work area can also cause excessive dust buildup.

Dust in the workplace can be a health and safety hazard that can cause immediate and long-term issues:

- Short-term issues - Dust can irritate the eyes, skin, and respiratory tract, causing dry or watery eyes, dermatitis, coughing, shortness of breath, and discomfort in the nose and throat. It can also trigger allergic reactions in some people, such as with wood dust or latex dust, which can cause itching or dermatitis.
- Long-term issues - Prolonged exposure to dust can lead to serious lung diseases, such as silicosis, chronic obstructive pulmonary disease (COPD), asthma, and lung cancer. Fine dust particles, called respirable dust, can be easily inhaled into the lungs and build up, causing blockages in the chest.

It's important to try to control the dust at its source. Segregating or enclosing the dusty processes can reduce the number of people exposed. Damping down materials when possible help alleviate some of the dust. Cleaning the workplace at regular intervals can help promote comfort and better protection of workers.



Help.
On the spot.

What Can Employers Do To Help Prevent Heat Illnesses:

- ❖ Make sure employees have easy access to cool drinking water and to cool areas.
- ❖ Encourage them to drink at least a cup of water every half hour even if they aren't thirsty.
- ❖ Provide shady or air conditioned break areas to rest and cool off in.
- ❖ Provide cooling bandanas or towels to wrap around their necks and carotid artery to keep cool.
- ❖ Monitor indoor temperatures and adjust workload when temperatures are too high.
- ❖ Train employees on heat related signs, how to report signs and symptoms, and provide temporary first aid until help arrives.

Heat Related Illnesses and Prevention

Heat is a recognized hazard by OSHA and while heat safety may not have a formal OSHA standard yet, there are still extensive requirements for how you need to protect your employees and stay heat-safe and OSHA-compliant. Heat-related illness can affect workers in many industries and with global temperatures reaching all-time highs, hot environments are a daily fact of life in many workplaces.

Researchers found that outdoor workers in the U.S. face up to 35 times the risk of dying from heat exposure compared to the average American. But employees in indoor work settings are also at risk to exposure to high heat. Facilities such as warehouses and factories, that may require strenuous physical activity, rarely have air conditioning, and equipment like furnaces and ovens exacerbate high temperatures.

Types of heat illnesses and symptoms

The four most common heat illnesses are:

- ❖ Heat cramps - Painful muscle spasms that can occur during or after intense exercise and sweating in high heat. They usually occur in the arms, legs, or abdomen. Symptoms include weakness, tiredness, and heavy sweating.
- ❖ Heat exhaustion - caused by a loss of water and salt in the body, which can occur when someone sweats excessively in extreme heat without replacing fluids and salt. Symptoms include heavy sweating, a fast and weak pulse, rapid breathing, nausea, vomiting, and dry mouth. If left untreated, heat exhaustion can progress to heat stroke.
- To treat heat cramps and heat exhaustion, move employee to a cooler place, stopping activity, loosening clothing, and drinking cool water or an electrolyte drink every 15–20 minutes. Apply a cool, wet compress to the cramping area and spray or sponge them with cool water, fan them, or put cold packs wrapped in cloth on their neck or under their armpits to cool them down. If the symptoms don't subside within an hour, or if they have heart problems or are on a low-sodium diet, seek medical attention.
- ❖ Heat rash - also called prickly heat or miliaria, this is a stinging skin irritation that causes red bumps on the skin. It occurs when a sweat duct becomes blocked or inflamed, trapping sweat beneath the skin.

In most cases, heat rash will go away once the affected person moves to a cooler environment. Cold compresses can also be applied to the affected area. Keep an eye on it to make sure the papules don't become infected. In more extreme cases, a doctor may prescribe something to reduce itching and inflammation.

- ❖ Heat stroke - the most severe heat-related illness, which can be life-threatening and usually fatal without immediate emergency medical treatment. It occurs when body temperature rises above 106°F (41°C) within minutes. Symptoms include mental dysfunction such as confusion, disorientation, unconsciousness, or slurred speech.

If you suspect someone is suffering from heat stroke, call 911 immediately and do what you can to cool them down until help arrives.

