

# SAFETY BULLETIN

May 2016



SHASTA-TRINITY SCHOOLS  
INSURANCE GROUP

## HEAT KILLS

Living and working in the Northstate can present challenges in the summer as temperatures rise into the triple digits. Be safe by knowing the following:

### Identifying Heat Injuries:

#### Heat Exhaustion

Moist, clammy skin  
Weakness, dizziness, headache  
Cramps  
Clumsiness

#### Heat Stroke

Hot, dry skin  
Vomiting, confusion, mumbling  
Combative  
Convulsions, loss of consciousness



DEADLY

### Treating Heat Injuries:

- STOP all activity. REST-Lay flat with feet elevated. COOL-Sip cool beverages, move to cool area, remove clothing, If heat stroke: cover with ice water-soaked sheets, call 911

### Preventing Heat Injuries:

- Work at cooler times/places, always drink **BEFORE** working
- Adjust work-rest cycles
- Drink cool water frequently, before you are thirsty (but no more than 1.5 qts/hr or 12 qts/day).
- Eat food: vegetables, fruits, salty snacks, electrolyte-carb-protein beverages (every 4 hrs or less).
- Ensure cooling capabilities (showers, fans).
- Adjust clothing-equipment
- Wear sunscreen lotion
- Avoid alcohol, caffeine, drugs, supplements

### Changes to California Law:

- Water must be provided: "Fresh, pure, suitably cool" and located as close as possible to work site
- Shade must be present at **80** degrees to accommodate all employees
- Close observation of all new employees (first two weeks) and during heat waves is mandatory
- **High Heat Procedures (over 95 degrees)**
  - Must have effective observation and a buddy system
  - Regular communication with solo workers
  - Minimum 10 minute cool down period every 2 hours



New!

For any questions regarding this Safety Bulletin, or requests for free onsite safety classes, please contact Kurt Walling, the Loss Prevention Manager for STSIG at [kwalling@stsig.org](mailto:kwalling@stsig.org), or 530-221-6444.

**And remember: Stay Alert, Stay Alive!**