

SE TX Getting Ready for the Heat Flyer* (March 2022)

Soon its going to be getting warm in SE TX and it's important to begin to plan and update you heat illness prevention program. This flyer is a quick over view of heat related incidents and resources to help get you going. The key elements of a heat illness prevention program include:



Heat Illness Prevention Program key elements include:

- A Person Designated to Oversee the Heat Illness Prevention Program
- Hazard Identification
- Water. Rest. Shade Message
- Acclimatization
- Modified Work Schedules
- Training
- Monitoring for Signs and Symptoms
- Emergency Planning and Response



OSHA Fact Sheet
Protecting Workers from
the Effects of Heat

Quick Stats on Heat Related Incidents**:

2020 BLS U.S. LWDI Cases	2020 BLS U.S. Fatal Cases	FY 21 SE TX OSHA Fatals	FY 21 SE TX OSHA SIRs
2330	56	1	14

Sample FY 2021 Heat Related Incidents Reported to OSHA in SE TX:

- Employee was to clean the interior of a concrete mixer at a remote roadway construction site. He was working alone and was blasting the interior of the mixer off and on throughout the day. He was observed by another contractor exiting the mixer between 2-3 pm wearing a head sock, rubber rain jacket and rain pants. They said he was sweating profusely. He was last observed around 4 pm, resting on the passenger side of his work vehicle. After failing to reach the employee by cell phone, the employer proceeded to the site and found him unresponsive in the vehicle around 8:30 pm. Suspected heat related illness.
- Employee was installing a tankless water heater and repairing pipes in an attic at in the morning for about 4-5 hours. He told his supervisor he was not feeling well after the morning work, but was advised to continue to afternoon job location. In the afternoon, he installed an outdoor sewage line at a second location for about 3 hours. He felt very ill finishing work at the site at about 4:45pm. While departing the location he lost consciousness and his vehicle was stopped by a curb. He awoke to a passerby knocking on his vehicle window to check to see if he was OK. He went to the hospital and was admitted and was treated for heat stroke and a minor heart attack.
- Employee was conducting food deliveries and got over heated and nauseated. He suffered from heat exhaustion/dehydration that resulted in hospitalization.
- An employee was welding outside and completed his work at approximately 2:30 PM. He reported to supervision that he wasn't feeling well and was allowed to go home. At approximately 9:30 PM, he contacted supervision and informed them that he was going to go to the local hospital since he was still not feeling well. He was admitted to the hospital and treated for dehydration and blood pressure.

Heat Related Resources to Get You Started:

<p>NIOSH Heat Smart Phone App</p>  <p>https://www.cdc.gov/niosh/topics/heatstress/heatapp.html</p> <p>Helps identify heat index, hazards, and risks on the job site</p>	<p>NIOSH Heat Related Risk Factors</p>  <p>https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-125.pdf</p> <p>Overview of the factors that impact the risk of heat illness</p>	<p>NIOSH Acclimatization Tips</p>  <p>https://www.cdc.gov/niosh/topics/heatstress/pdf/NIOSH_HeatStress_Infographic_print-508.pdf</p> <p>Tips for developing an acclimatization plan</p>
<p>OSHA Occupational Heat Webpage</p>  <p>https://www.osha.gov/heat-exposure</p> <p>OSHA enforcement and heat illness prevention information</p>	<p>OSHA Heat Campaign Webpage</p>  <p>https://www.osha.gov/heat/</p> <p>OSHA heat campaign page with heat related resources</p>	<p>OSHCON Publications</p>  <p>https://www.tdi.texas.gov/wc/safety/videoresources/index.html</p> <p>Look under “Environmental Exposure” for resources</p>

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