



Safety & Environmental Newsletter



July 2018 Issue – 80th Edition

How to Avoid Heat Stress

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.

Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.



weather service forecasts that a heat wave is likely to occur.

- Institute a heat acclimatization plan and increase physical fitness.

Training

Tailor training to cover worksite-specific conditions. Employers should provide a heat stress training program for all workers and supervisors about the following:

- Recognition of the signs and symptoms of heat-related illnesses and administration of first aid.
- Causes of heat-related illnesses and the procedures that will minimize the risk, such as drinking enough water and monitoring the color and amount of urine output.
- Proper care and use of heat-protective clothing and equipment and the added heat load caused by exertion, clothing, and personal protective equipment.
- Effects of drugs, alcohol, obesity, etc. on tolerance to occupational heat stress.
- The importance of acclimatization.
- The importance of immediately reporting to the supervisor any symptoms or signs of heat-related illness in themselves or in coworkers.
- Procedures for responding to symptoms of possible heat-related illness and for contacting emergency medical services.

Controlling Heat Stress



Employers should reduce workplace heat stress by implementing engineering and work practice controls.

Engineering controls might include those that:

- Increase air velocity.
- Use reflective or heat-absorbing shielding or barriers.

Work practice recommendations include the following:

- Limit time in the heat and/or increase recovery time spent in a cool environment.
- Reduce the metabolic demands of the job.
- Use tools intended to minimize manual strain.
- Increase the number of workers per task.
- Train supervisors and workers about heat stress.
- Implement a buddy system where workers observe each other for signs of heat intolerance.
- Require workers to conduct self-monitoring.
- Provide adequate amounts of cool, potable water near the work area and encourage workers to drink frequently.
- Implement a heat alert program whenever the

Acclimation and Rest Breaks

Acclimatization is the result of beneficial physiological adaptations (e.g., increased sweating efficiency, etc.) that occur after gradual increased exposure to a hot environment. Employers should ensure that workers are acclimatized before they work in a hot environment.

- Gradually increase workers' time in hot conditions over 7 to 14 days.
- Closely supervise new employees for the first 14 days or until they are fully acclimatized.
- Non-physically fit workers require more time to fully acclimatize.

Employers should ensure and encourage workers to take appropriate rest breaks to cool down and hydrate.



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How to Help Sea Turtles

Beached Turtles

This is the time of year when leatherback, loggerhead, green and Kemp's ridley sea turtles return to the waters of the Northeast and Mid-Atlantic. If you find a live sea turtle on the shore, it most likely needs help. In most of the states in our region, healthy sea turtles should not be on beaches or out of the water. Report any sea turtles you see on the beach.

Distressed Turtles in the Water



When you are boating, report any distressed, entangled, or dead sea turtles in the water. Live turtles in need of medical assistance or wrapped up in rope or other debris need the help of the dedicated, trained responders.

Stay with the Turtle

After you report a turtle in distress, keep the animal in sight and wait for responders to arrive. If the animal is alive and breathing when you find it, it's very unlikely to die within hours of its first report. Like any first responders, time is needed to reach the scene, so please stay with the animal and try to reduce any stress on the animal as much as possible by keeping an eye on the animal from a safe distance. Sea turtles are very strong, and a stressed animal can act unpredictably, so give them space.

Helping One, Helping All

All sea turtles are listed as endangered or threatened under the Endangered Species Act. Leatherback and Kemp's ridley sea turtles are listed as endangered.



Green and loggerhead sea turtles in our region are listed as threatened. Given their status, it's especially im-



portant to use every opportunity to get individuals healthy and back into the population.

What about Terrapins?

Diamond back terrapins are often found sunning themselves on beaches or swimming in the ocean. A terrapin has claws on its flippers and is smaller than a sea turtle. Terrapins are not sea turtles and are not threatened or endangered.



Contacts

On Wallops Recreational Beach, report stranded or distressed sea turtles to Dispatch by calling 757-824-1333. For more information contact Joel Mitchel at x2127.

Source: <https://www.greateratlantic.fisheries.noaa.gov>