



June 2016 Issue – 63rd Edition



*HEAT ILLNESS CAN BE DEADLY.*

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if you don't drink enough water and rest in the shade. You can suffer from **heat exhaustion** or **heat stroke**.

In 2014 alone, **2,630** workers suffered from heat illness and **18** died from heat stroke and related causes on the job. **Heat illnesses and deaths are preventable.**

*Employers must protect workers from excessive heat.*

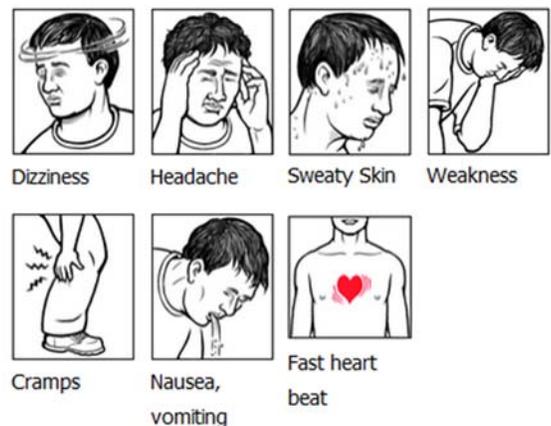
Under OSHA law, employers are responsible for providing workplaces free of known safety hazards. This includes protecting workers from extreme heat. An employer with workers exposed to high temperatures should establish a complete heat illness prevention program.

- Provide workers with water, rest and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimatize, or build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

*To prevent heat related illness and fatalities:*

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- "Easy does it" on your first days of work in the heat. You need to get used to it.

**Heat Exhaustion**



Working in full sunlight can increase heat index values by 15 degrees Fahrenheit. Keep this in mind and plan additional precautions for working in these conditions.

*Who is affected?*

Any worker exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions, *including new workers, temporary workers, or those returning to work after a week or more off.* All workers are at risk during a heat wave.

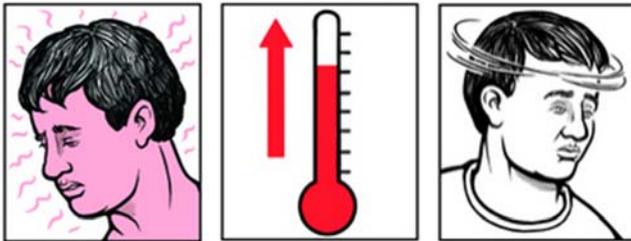


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*What to do if a worker becomes ill?*

- Call a supervisor for help. If a supervisor is not available, call 911 or x. 1333.
- Have someone stay with the worker until help arrives.

**Heat Stroke**



Red, hot, dry skin    High temperature    Confusion



Convulsions    Fainting

*Heat Safety Tool*

By U.S. Department of Labor (DOL), Occupational Safety and Health Administration (OSHA)



When you're working in the heat, safety comes first. With the OSHA Heat Safety Tool, you have vital safety information available whenever and wherever you need it - right on your mobile phone.

The App allows workers and supervisors to calculate the **heat index** for their worksite, and, based on the heat index, displays a **risk level** to outdoor workers. Then, with a simple "click," you can get reminders about the **protective measures** that should be taken at that risk level to protect workers from heat-related illness-reminders about drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.

Working in full sunlight can increase heat index values by 15 degrees Fahrenheit. Keep this in mind and plan additional precautions for working in these conditions.

The OSHA Heat Tool is available in Spanish for Android and iPhone devices. To access the Spanish version on the iPhone, set the phone language setting to Spanish before downloading the app.

Stay informed and safe in the heat, check your risk level.

*Upcoming Safety Training*

**June 13–16: GSFC Electrical Safety Standards, 08:00 AM –5:00 PM #883653 in E-104**

Register in SATERN . This course is designed to provide the student with an in-depth study of OSHA's electrical standards, and hazards associated with electrical installations and equipment. The first day provides a review of electricity fundamentals for those who need it. Topics include single- and three-phase systems, cord- and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, hazardous locations, and safety-related work practices. Emphasis is placed on electrical hazard recognition and OSHA standards.



# Safety & Environmental Newsletter

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## Slow Down for Terrapins



Each year from mid May to mid July Diamondback terrapins are on the move. Females are looking for soft sand to lay their eggs and males are looking for females. Diamondback terrapins are non-migratory and spend their entire lives in bays, creeks, salt marshes, and coves. Terrapins can live for 25 to 30 years and reproduce for two decades. Of the 25 to 40 eggs produced per year, only about two percent of the eggs hatch. Terrapins do not reach maturity until age six. Research indicates that more than 95 percent of breeding females return to the same nest each year. Every terrapin lost is also a loss of all its potential offspring. Help terrapins by:

- ◇ Driving slowly on the causeway. Leave extra distance between you and the car ahead of you in case the vehicle swerves to miss a terrapin.
- ◇ Using extra care at night. Terrapins nest round-the-clock and are very hard to see at night.
- ◇ Not stopping to move them. Stopping on the causeway can create a traffic hazard.

Source: <https://www.inlandbays.org/about-the-bays/diamondback-terrapin/>

## What should You do?

A puddle of oil, antifreeze, lubricant, or a sheen on a roadway or parking lot could be a result of a leaking piece of equipment or vehicle. However, even a small oil puddle has the potential to impact local waters if washed into a storm drain during a rain event.



If you see a puddle of oil or sheen, here's some things you can do:

1. First, call the Wallops Fire Department at 911 or 757-824-1333.
2. Then, if you have spill materials in your work area and it is safe to do so, place sorbent booms around any nearby storm drains.

