

Southern California Trade Contractors Association

2nd Quarter, 2016

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Protecting Workers from the Effects of Heat

At times, workers may be required to work in hot environments for long periods. When the human body is unable to maintain a normal temperature, heat illnesses can occur and may result in death. It is also important to consider that hot work environments may exist indoors. This fact sheet provides information to employers on measures they should take to prevent worker illnesses and death caused by heat stress.

What is Heat Illness?

The following are illnesses that may result from exposure to heat in the workplace.

Heat Stroke is the most serious heat-related health problem. Heat stroke occurs when the body's temperature regulating system fails and body temperature rises to critical levels (greater than 104°F). This is a medical emergency that may result in death! The signs of heat stroke are confusion, loss of consciousness, and seizures. Workers experiencing heat stroke have a very high body temperature and may stop sweating. If a worker shows signs of possible heat stroke, get medical help immediately, and call 911. Until medical help arrives, move the worker to a shady, cool area and removed as much clothing as possible. Wet the worker with cool water and circulate the air to speed cooling. Place cold wet cloths, wet towels or ice all over the body or soak the worker's clothing with cold water.

Heat Exhaustion is the next most serious heat-related health problem. The signs and symptoms of heat exhaustion are headache, nausea, dizziness, weakness, irritability, confusion, thirst, heaving sweating and a body temperature greater than 100.4°F. Workers with heat exhaustion should be removed from the hot area and given liquids to drink. Cool the worker with cold compresses to the head, neck, and face or have the worker wash his or her head, face and neck with cold water. Encourage frequent sips of cool water. Workers with signs or symptoms of heat exhaustion should be taken to clinic or emergency room for medical evaluation and treatment. Make sure that someone stays with the workers until help arrives. If symptoms worsen, call 911 and get help immediately.

Heat Cramps are muscle pains usually caused by the loss of body salts and fluid during sweating. Workers with heat cramps should replace fluid loss by drinking water and/or carbohydrate-electrolyte replacement liquids (e.g., sport drinks) every 15 to 20 minutes. Continue reading article on page 2.....

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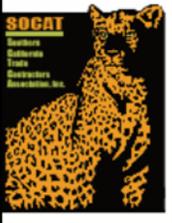


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Construction Spending Posts Solid Monthly and Year-Over-Year Increases in March, Driven by Growth in Many Public and Private Categories

Most private segments recorded strong gains for the year as a total spending reaches 9-year high; key public-sector segments also experiences large increases, including highway and street construction.

Construction spending increased by 8 percent in March compared to a year earlier and was also up slightly between February and March amid growing demands for many types of construction, as the spending total hit the highest level since October 2007, according to an analysis by the Associated General Contractors of America. Association officials said the growth comes amid strong private-sector demand and new federal investments in surface transportation programs.

“Construction should be a significant contributor to economic growth in the remainder of 2016 and beyond,” said Ken Simonson, the association’s chief economist. “Right now the biggest challenge for contractors in many parts of the country is that they are worried about finding enough qualified workers to meet demand.”

Construction spending in March totaled \$1.138 trillion at a seasonally adjusted annual rate 0.3 percent higher than the revised February total and 8.0 percent higher than in March 2015, Simonson said. Private residential spending increased by 1.6 percent for the month and 8.5 percent compared to twelve months earlier. Spending on multifamily residential construction jumped 5.6 percent for the month and 34.6 percent year-over-year, while single family spending was flat compared to February but rose 13.4 percent compared to March 2015.

Private nonresidential construction spending increased 0.7 percent for the month and 9.3 percent from a year earlier. Simonson observed that all but one segment increased from 12 months before. The largest private nonresidential segment in March was manufacturing construction...continued on page 3

Heat Rash is the most common problem in hot work environments. Heat rash is caused by sweating and looks like a red cluster of pimples or small blisters. Heat rash may appear on the neck, upper chest, groin, under the breasts and elbow creases. The best treatment for heat rash is to provide a cooler, less humid work environment. The rash area should be kept dry. Powder may be applied to increase comfort. Ointments and creams should not be used on a heat rash. Anything that makes the skin warm or moist may make the rash worse.

Prevention Made Simple: Program Elements

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 Response

Designate a Person to Oversee the Heat Stress Program

Identify someone trained in the hazards, physiological response to heat, and controls. This person can develop, implement and manage the program.

Hazard Identification

Hazard identification involves recognizing heat hazards and risk of heat illness due to high temperature, humidity, sun and other thermal exposures, work demands, clothing or PPE and personal risk factors.

Identification tools include: OSHA’s Heat Smartphone App; a Wet Bulb Globe Thermometer (WBGT) which is a measure of heat stress in direction sunlight that takes into account temperature, humidity, wind speed, sun and cloud cover; and the National Weather Service Heat Index. Exposure to full sun can increase heat index values up to 15°F.

Water. Rest. Shade

Ensure that cool drinking water is available and easily accessible. (Note: Certain beverages, such as caffeine and alcohol can lead to dehydration.)

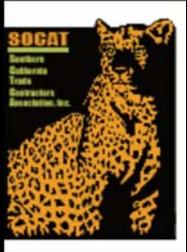
Encourage workers to drink a liter of water over one hour, which is about one cup every fifteen minutes.

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which rose 2.2 percent for the month but dropped 2.0 percent year-over-year. The next-largest segment, power (including oil and gas pipelines), lost 1.8 percent for the month but gained 2.0 percent for the year.

Public construction spending dipped 1.9 percent from a month before but is still up 6.7 percent from 12 months earlier. The biggest public segment highway and street construction was up 0.4 percent for the month but is up 18.8 percent year-over-year, as new federal surface transportation investments enacted last year began to impact demand, Simonson noted.

Association officials said the new construction spending figures reinforce anecdotal reports that the industry continues to grow amid robust demand for most types of construction services. But officials warned that labor shortages are likely to become even more severe as construction firms continue to expand unless federal, state and local officials act on the measures outlined in the association's Workforce Development Plan.

For more information visit
<https://www.agc.org/news/2016/05/02/construction-spending-post-soild-monthly>

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Acclimatization

Acclimatization is a physical change that allows the body to build tolerance to working in the heat. It occurs by gradually increasing workloads and exposure and taking frequent breaks for water and rest in the shade. Full acclimatization may take up to 14 days or longer depending on factors relating to the individual, such as increased risk of heat illness due to certain medications or medical conditions, or the environment.

New workers and those returning from a prolonged absence should begin with 20% of the workload on the first day, increasing incrementally by no more than 20% each subsequent day.

During a rapid change leading to excessively hot weather or conditions such as a heat wave, even experienced workers should begin on the first day of work in excessive heat with 50% of the normal workload and time spent in the hot environment, 60% on the second day, 80% on day three, and 100% on the fourth day.

Modified Work Schedules

Altering work schedules may reduce workers' exposure to heat. For instance:

- Reschedule all non-essential outdoor work for days with a reduced heat index.
- Schedule the more physically demanding work during the cooler times of day.
- Schedule less physically demanding work during warmer times of the day;
- Rotate workers and split shifts, and/or add extra workers.
- Work/Rest cycles, using established industry guidelines.
- Stop work if essential control methods are inadequate or unavailable when the risk of heat illness is very high.

Keep in mind that very early starting times may result in increased fatigue. Also, early morning hours tend to have higher humidity levels.

For more information on this or other issues affecting workers or heat stress, visit:www.osha.gov/heat;www.cdc.gov/niosh/topics/heat/stress; and www.noaa.gov/features/earthob_0508/heat.html