

Southern California Trade Contractors Association, Inc.

SAFETY NEWSLETTER

In This Issue

1st Quarter 2009

HEAT EXPOSURE

SUPRVISORY TRAINING



**Southern California Trade
Contractors Association,
Inc**

Administrator

Mark Hebson
22925 Arlington Ave Ste 1
Torrance, CA 90501

Call Toll Free
(800) 530-9662
FAX 310-530-0081
www.socattrade.com

HEAT SURVIVAL

Don't be fooled-while the weather has been cool and rainy, warmer days are ahead. Hot day, hot job and BINGO- another heat victim. No one is immune, and construction workers are prime candidates for heat related illnesses.

During hot weather stay alert for telltale symptoms and remember these first aid tips:

HEAT EXHAUSTION-Symptoms are heavy sweating, nausea, headache, weakness, vomiting, tiredness, and fast pulse. First Aid-move to a cooler area, cool by wetting towels and wiping down the forehead. Remove any wet or sweat soaked clothing. Fan the victim. Do not give any fluids to a victim unless fully conscious. Follow up with a medical checkup.

HEAT CRAMPS-Symptoms are severe muscle spasms in the back, stomach, arms and legs, usually caused by drinking large quantities of water without replacing salt during periods of heavy perspiration. First Aid-move to a cooler area. Make sure that no water is given unless fully conscious. When you do give water make sure that the victim takes only slow small sips. Get medical attention as soon as possible.

HEAT STROKE-Symptoms are high temperature and dry skin, rapid breathing and pulse. Victims may appear disorganized and confused, with headache, nausea, vomiting, diarrhea, seizures and the possibility of coma. First Aid - This is serious, so move fast to a cooler area and call an ambulance. Remove the outer clothing of the victim and apply cool water to the entire body. Fan the victim until professional medical help arrives.

To avoid heat illness, dress in cool clothing, wear your hard hat, don't over-exert your body during high temperature periods and get plenty

of fluids. Remember that Heat related illnesses MUST have medical attention. If you are experiencing any of these heat related illnesses, going to the doctor will not affect your safety bonus, go and get the medical attention you need. Heat illnesses should never be taken lightly.

SUPERVISORY TRAINING

Farmers Insurance Loss Control Department offers training for supervisory personnel. This can include foremen, superintendents, project managers and owners. This training focuses on areas relative to Cal-OSHA's requirement for an Injury and Illness Prevention Program. Areas covered include the following:

Management Support and Accountability

Management has developed a written safety plan or IIPP for hazards and exposures

Management has trained employees on safety roles and responsibilities and holds them accountable

Management has established and communicated safety goals

Management actively promotes safety performance and dedicates adequate resources consistent with safety policies, plans and goals

Employee Buy In

Management involves employees in recognizing and correcting workplace hazards

Training and Orientation

Management has a safety orientation program with specific job training on responsibilities and associated hazards for new employees and employees assigned new job responsibilities

Management trains employees on new hazards associated with new work processes, procedures, tool or equipment

Management has processes in place to test employee knowledge and understanding of safety rules, procedures, and performance expectations

Management has implemented regularly scheduled safety training sessions to periodically review safety rules, processes, and procedures.

Management maintains records of employee training

Hazard Recognition Evaluation and Control

Management has implemented an effective "self inspection" program for tools, equipment, facilities, materials, processes and outside contractors.

Management has effective processes to correct identified hazards

Objectives and Goals

Data Collection and Analysis

Management completes effective accident investigations on incidents and losses and takes corrective action

Management collects statistical data on safety to document results and improve performance

If you are interested in scheduling this class or need further information, contact your Farmers Agent or the Program Administrator

SOCAT continues it's very successful relationship with Mid-Century Insurance Company-a part of Farmers Insurance Group



FARMERS