

TRANSPORT WORKERS UNION LOCAL 555

SAFETY BULLETIN • 06/07/18

WATER. REST. SHADE

Brothers and Sisters, the dog days of summer are upon us and I have seen an uptick in heat related illnesses amongst our members. The following is valuable information to keep in mind this summer. Under OSHA law, the Company is responsible for providing our members with workplaces free of known safety hazards. This means they must provide **Water, Rest, and Shade**. How many people do you know that have succumb to the heat? Were they provided with water, rest, and shade? An employer with workers exposed to high temperatures should establish a complete heat illness prevention program that includes the following elements:

- 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.

Although, there are currently no specific OSHA standards for occupational heat exposure. Under the General Duty Clause, Section 5(a)(1) of the Occupational Safety and Health Act (OSHA) of 1970, employers are required to provide their employees with a place of employment that "is free from recognizable hazards that are causing or likely to cause death or serious harm to employees." Keeping this in mind, each and every one of us also has a responsibility to ourselves and our family, to take care of ourselves. If you feel light headed, faint, or over heated, notify your Supervisor, if available, and go inside to cool off and hydrate. Keep in mind that we hydrate today for tomorrow, and in our working conditions, once you are thirsty it may be too late to rehydrate. As the title of this safety bulletin states, **Water, Rest, and Shade** are all needed to stay healthy when working outdoors. One of the three is not enough. The following are actions to take when coping with the heat:

- Drink plenty of fluids.
- Take frequent breaks in shaded or air conditioned areas.
- Use sunscreen.
- Eat small, light meals.
- Use the buddy system, and look out for each other.

Keeping all this information in mind, and using these tips, may help prevent heat illness and/or injury. Remember: **Water. Rest. Shade**. We need all three, not just one of them, to stay healthy.

Stay informed, stay united, and stay safe!

Karl Mager - Chairman

TWU 555 SAFETY AND HEALTH COMMITTEE