

OESD 114 Safety & Health **NEWSLETTER**

Quarter 4: June-August 2018

Summer Edition v. 1



Welcome to the 1st edition of the OESD 114 Safety & Health Newsletter!

Western Washington may not be known for its hot summers, but Heat Exhaustion & Heat Stroke can creep up quickly when working long hours outside or indoors with no cooling system. Our summer days are longer than most and many people are not adapted to warmer temperatures. It is important to know how to prevent heat illness and the warning signs. In the last few summers we have also seen more wildfires leading to significant air quality risks and understanding air quality is important.

Topics for this Edition

1. Bulletin Page
2. How to Prevent Heat Exhaustion
3. Warning Signs for Heat Stroke
4. Understanding the EPA Air Quality Index (AQI)
5. Understanding the National Weather Service Heat Index

BULLETIN PAGE

Top Cited Serious Violations in NAICS 611000 Educational Services 2017

WAC Group Cited	Top 10 Most Cited Serious Violations	2017	
	Abbreviated WAC Text	Times Cited	Assessed Penalties
296-901-140	Hazard communication	4	\$12,000
296-800-160	Personal protective equipment (PPE).	4	\$13,200
296-800-140	Accident prevention program.	2	\$8,400
296-807-140	Compressed air tools.	2	\$6,000
296-155-246	Fall protection required at ten feet or more.	2	\$9,000
296-800-150	First Aid	2	\$9,000
296-863-600	Make sure PIT operators are trained.	1	\$0
296-800-220	Housekeeping, drainage, and storage.	1	\$2,800
296-863-400	Operate your PITs safely.	1	\$3,000
296-800-260	Floor openings, floor holes and open-sided floors.	1	\$2,000

School District Highlights

South Kitsap - is recognized for developing an effective and successful Lift Training Program. They have a "Train the Trainer" section where each trainer goes through the course together and they evaluate each other. Once the Trainer has passed they are able to train each of their subordinates on each lift that they will use. Training is documented and refreshed as required. The program meets WAC standards for Lifts, Training, and Fall Protection.

Tips From Our School Districts

Quilcene - From Robert Heck Director Of Operations, "Since I started here in Quilcene School District I found the custodial staff cleaning with rags and using the same ones from one surface to another. I introduced the custodial staff to microfiber pads and mops pads and set up a program to have a bucket full of extra ones roll up so they can change them out from one job to another that way we don't use a lot of cleaning chemicals just spray each pad down with the chemical they are using at the time and put the used pad in the bucket to wash at the end of the day. We also purchase a small roll around steamer that they rotate through the rooms to steam clean the desk and doorknobs and restrooms once a week. This has reduced the absentee in our school district from our kids and teachers this year."

Summer Calendar

June 27 - WAMOA Region 6 Training Seminar in Tacoma

July 20th & August 17th - OESD 114 WCT Accident Prevention Workshop in Bremerton

August 6 - ESD 112 Emergency Training Summit in Vancouver

HOW TO PREVENT HEAT EXHAUSTION



Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed. Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.



Avoid beverages containing Alcohol or Caffeine.



Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).



Designate a responsible person to monitor conditions and protect workers who are at risk of heat stress.



Block out direct sun and other heat sources where possible.

Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.

Consider protective clothing that provides cooling.

Wear lightweight, light colored, loose fitting clothes.



Information from:

<https://www.osha.gov/Publications/osh3154.pdf>

WARNING SIGNS FOR HEAT STROKE

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

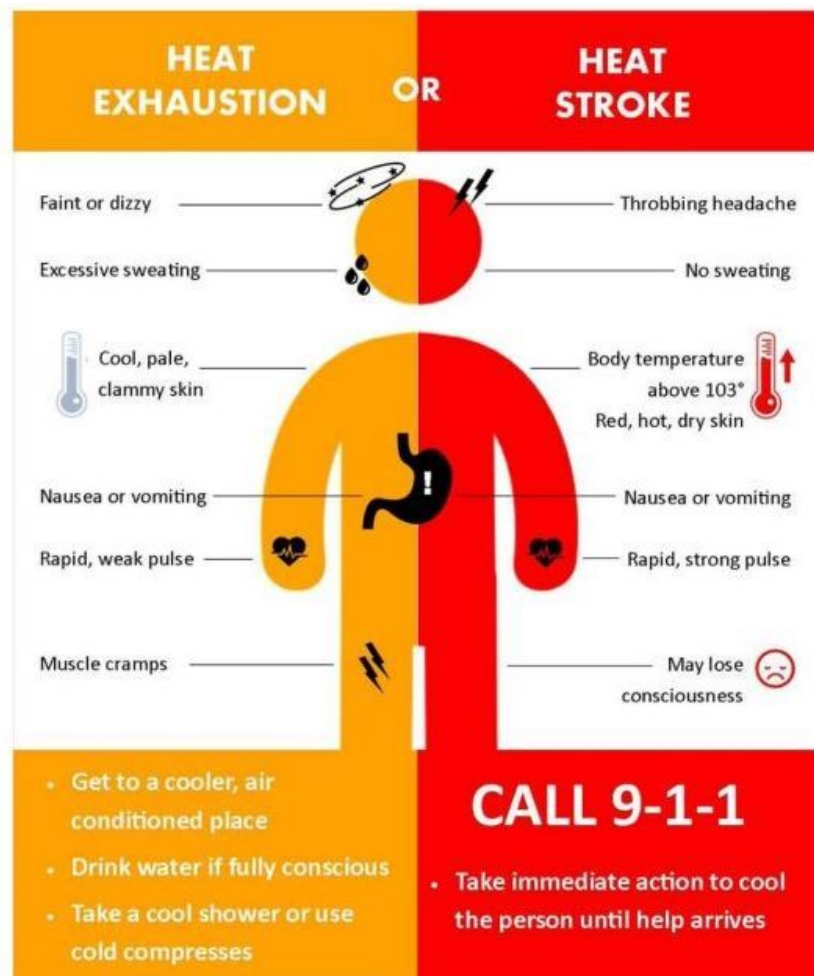


Diagram from: <http://www.nws.noaa.gov/om/heat/heat-illness.shtml>

What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

Information from WAC 296-62-095 "Outdoor heat exposure" and: <https://www.osha.gov/Publications/OSHA3154.pdf>

UNDERSTANDING THE AIR QUALITY INDEX (AQI)

The AQI is a number range that indicates the risks associated with the current air outdoors. It measures four major air pollutants regulated by the Clean Air Act: ground level ozone, particle pollution, carbon monoxide, and sulfur dioxide. The levels go up in 50 point increments with a description and a color code to be as clear as possible.

Unhealthy is where the issues begin for Sensitive Groups refers to people who are more susceptible to health issues, such as children, the elderly, people that are sick, anyone with asthma, people that are very active outdoors, etc. Others should not feel any effects at this level.

Unhealthy is when most people will start to notice the effects of the pollutants in the air and it is more dangerous for Sensitive Groups.

Very Unhealthy is when a Health Alert is triggered and everyone may have serious health effects from the air quality.

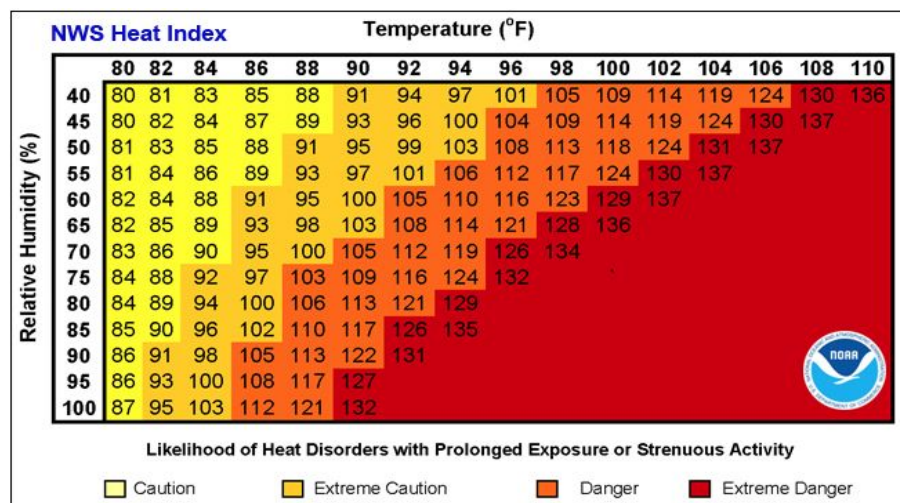
Air Quality Index (AQI) Values	Levels of Health Concern	Colors
<i>When the AQI is in this range:</i>	<i>...air quality conditions are:</i>	<i>...as symbolized by this color:</i>
0 to 50	Good	Green
51 to 100	Moderate	Yellow
101 to 150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red
201 to 300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon

Table from: https://www3.epa.gov/airnow/aqi_brochure_02_14.pdf

Hazardous is when it is dangerous to be outside, *everyone is likely experience serious health effects.*

THE NATIONAL WEATHER SERVICE (NWS) HEAT INDEX

The Heat Index combines temperatures and humidity levels to evaluate heat risks. At Yellow levels it is important to implement heat exhaustion mitigations to prevent heat illnesses. Above Yellow it is recommended to put off tasks that can put employees at risk for heat illness.



Information and table from: http://www.nws.noaa.gov/om/heat/heat_index.shtml