

A publication of Business Staffing, Inc.

# REVIEWS & STUFF

A monthly review of stuff affecting employees of Business Staffing, Inc.



## Feature:

### Heat Related Illnesses

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## Heat Stress in Construction

www.elcosh.org

**H**eat is a serious hazard in construction. Your body builds up heat when you work and sweats to get rid of extra heat. But sometimes your body may not cool off fast enough. This can happen, say, if you are up on a roof pouring hot asphalt or you are lifting heavy loads.

Too much heat can make you tired, hurt your job performance, and increase your chance of injury. You can get skin rash. You can also get:

- ◆ **Dehydration.** When your body loses water, you can't cool off fast enough. You feel thirsty and weak.
- ◆ **Cramps.** You can get muscle cramps from the heat even after you leave work.
- ◆ **Heat exhaustion.** You feel tired, nauseous, headachy, and giddy (dizzy and silly). Your skin is damp

and looks muddy or flushed. You may faint.

- ◆ **Heat stroke.** You may have hot dry skin and a high temperature. Or you may feel confused. You may have convulsions or become unconscious. Heat stroke can kill you unless you get emergency medical help.

### The Risk of Heat Stress

Your risk of heat stress depends on many things. These include:

- ◆ Your physical condition
- ◆ The weather (temperature, humidity)
- ◆ How much clothing you have on
- ◆ How fast you must move or how much weight you must lift
- ◆ If you are near a fan or there is a breeze
- ◆ If you are in the sun.

## Protecting Yourself from Heat Stress

www.osha.gov

**Z Drink when you are thirsty.**

**Z Keep taking rest breaks.** Rest in a cool, shady spot. Use fans.

**Z Wear light-colored clothing** made of cotton.

**Z Do the heaviest work in the coolest time of the day.**

**Z Work in the shade.**

**Z For heavy work in hot areas,** take turns with other workers, so some can rest.

**Z If you travel to a warm area for a new job,** you need time for your body to get used to the heat. Be extra careful the first 2 weeks on the job.

**Z If you work in protective clothing,** you need more rest breaks. You may also need to check your temperature and heart rate. On a Superfund site where the temperature is 70 degrees or more, the



U.S. Environmental Protection Agency (EPA) writes that while on the job you should be monitored for heat-stress related symptoms, including changes in body temperature and heart rate.

**Z If you think someone has heat stroke,** call emergency services (or 911). Immediately move the victim to the shade. Loosen his/her clothes. Wipe or spray his/her skin with cool water and fan him/her. You can use a piece of cardboard or other material as a fan.

OSHA does not have a special rule for heat. But because heat stress is known as a serious hazard, workers are protected under the General Duty Clause of the Occupational Safety and Health Act.

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**W**hen the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

### Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

#### Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

#### Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

#### Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.

- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

#### What to Do for Heat-Related Illness

- Call 911 (or local emergency number) at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

## Q & A

**Q** How can people protect their health when temperatures are extremely high?

**A** Remember to keep cool and use common sense. Drink plenty of fluid, replace salts and minerals, wear appropriate clothing and sunscreen, pace yourself, stay cool indoors, schedule outdoor activities carefully, use a buddy system, monitor those at risk, and adjust to the environment.

**Q** Who is at greatest risk for heat-related illness?

**A** Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications.

**Q** Should I take salt tablets during hot weather?

**A** Do not take salt tablets unless directed by your doctor. Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way to do this is through your diet. Drink fruit juice or a sports beverage when you exercise or work in the heat.

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# Getting Acclimated to the Heat

[www.sefsc.noaa.gov](http://www.sefsc.noaa.gov)

**A**cclimatization (to heat) is a process of adaptation that involves a stepwise adjustment to heat over a week or sometimes longer.

An acceptable schedule for achieving acclimatization is to limit occupational heat exposure to one-third of the work day during the first and second days, one-half of the workday during the third and fourth days, and two-thirds of the workday during the fifth and sixth days.

The acclimatization procedure must be repeated after days off due to illness or a vacation of one week or more. To achieve acclimation, a person must work in the heat at the activity level required by the job.

Always drink plenty of water when in the heat. Simply relying on feeling thirsty will not ensure adequate hydration. To replace the four to eight quarts of sweat that may be produced in hot environments, people require one-half to one cup of water every 20 minutes of the workday. Water at 55°F is preferable to ice water or warm water.

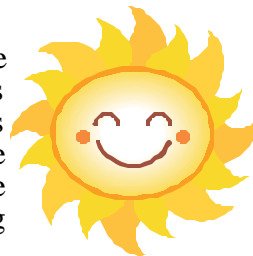
Limit exposure time. Schedule as many hot activities as practical for the coolest part of the day (early morning or late afternoon).

Employ additional help or increase mechanical assistance if possible.

Minimize heat exposure by taking advantage of natural or mechanical ventilation (increased air velocities up to 5 mph increase the rate of evaporation and thus the rate of heat loss from the body) and heat shields when applicable.

Take rest breaks at frequent, regular intervals, preferably in a cool environment sheltered from direct sunlight. Anyone experiencing extreme heat discomfort should rest immediately.

Wear clothing that is permeable to air and loose fitting. Generally less clothing is desirable in hot environments, except when a person is standing next to a radiant heat source. Then covering exposed skin is beneficial to reducing heat stress.



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## Other Heat Related Disorders

**H**igh temperatures, high humidity, sunlight, and heavy workloads increase the likelihood of heat stress. Too much heat can also make employees lose their concentration or become fatigued or irritable and thus increases the chance of accidents and injuries. Understanding how to deal with heat disorders can help to prevent or reduce accidents and is important to employees' health and well-being.

### Heat Syncope

Is characterized by dizziness or fainting while standing still in the heat for an extended period. Heat syncope is the least serious of heat-induced disorders. Its most serious aspect is that it may cause people to fall or injure themselves while operating machinery.

### Heat Rash

Is an early signal of potential heat

stress. It is commonly associated with hot, humid conditions in which skin and clothing remain damp due to unevaporated sweat. Heat rash may involve small areas of the skin or the entire torso. Even after the affected area of skin is healed, sweat production will not return to normal for another 4 to 6 weeks. Treatments include cleaning the affected area and applying mild lotions to it. Keeping the skin clean and dry for at least 12 hours each day will prevent severe heat rash.

### Heat Cramps

Symptoms include painful cramps or spasms in the legs, arms, or abdomen. The employee will probably sweat heavily. Spasms may occur during work or in the evening after work. Heat cramps are often caused by a temporary fluid and salt imbalance during hard physical work in hot environments.

### Reviews & Stuff

This newsletter is intended to make you aware of some of the rules and regulations affecting you in the workplace. We would like to give you some insight into the progress of Business Staffing Inc., and to keep you abreast of the changes affecting staff leasing.

Please feel free to write to us and let us know your ideas on the things we could do to improve our services. We would appreciate your comments.

# Children and Heat Stress

[www.kidsafehunter.com](http://www.kidsafehunter.com)

According to health experts, one of the most dangerous factors during excessively hot weather is the addition of humidity.

In hot weather, it can be very easy for children to suffer from heat exhaustion, or worse still, heat stroke. Too much activity in the sun, not enough of the right liquids, leaving kids in hot cars and unsuitable clothing put your child at risk.

The risk of excessive heat is water loss (dehydration) which can impair body function and lead to heat exhaustion or heat stroke that can be life threatening.

- 55 to 60 percent of body's weight is water.
- Healthy body temperature is tightly regulated around 37°C (98.6°F).
- In hot environments, heat is lost through the skin via evaporation of sweat.

Children cannot regulate their body temperature as well as adults for the following reasons:

- As babies are born with the skin they will eventually grow into as adults, the volume of skin covering a baby is greater. This volume of skin can make it harder for a baby's body to maintain fluids.
- Children generate more heat because they have a higher metabolic rate.

Children do not sweat as much. Perspiration (sweating) works to cool the body through the increase in the evaporation of fluids.

The following can speed up the loss of fluids:

- Exposure to the sun or sunburn.
- Beverages with caffeine such as many soft drinks.
- High temperatures and humidity.
- Times of high activity.

## The Signs of Dehydration and Heat Stress

Indicators can be:

- Child has not urinated in 8 hours
- Dark colored urine
- Cries but produces no tears
- Mouth drier than moist
- Has sunken soft spot in the skull (fontanelle)
- Sunken eyes
- Fretful baby who is hot and dry to touch
- Child is listless or lethargic
- Profuse sweating

All these can be signs that the child needs more fluids.



## Carvie's Corner

## The Taylors

## Editorial



People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough.

In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly.

Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, poor circulation, sunburn, and prescription drug use and alcohol use.



"Hey Doris,  
Try not to get too much sun today."

Carvie  
ADL

# NEWS RELEASE

## Cellphones Addressed in New Texas Traffic Laws

[www.insurancejournal.com](http://www.insurancejournal.com) / August 12, 2009

The Texas Department of Public Safety (DPS) has issued a summary of new traffic laws passed by the Texas Legislature that are set to become effective Sept. 1, 2009.

Among those laws that may affect the property casualty insurance industry are:

**Driving:** HB 55 makes it illegal to use a wireless communication device in a school zone unless the vehicle is stopped or a hands-free device is used. Cities or counties wanting to enforce this law must post a sign at the beginning of each school zone to inform drivers that using a wireless communications device is prohibited and the operator is subject to a fine. It is a defense to prosecution if the operator was making an emergency call.

HB 2730 increases the penalties for driving while intoxicated with a child passenger by adding an automatic driver license suspension period for first-time offenders and an increased suspension period for repeat offenders. The driver license re-instatement fee for completing an education program will rise from \$50 to \$100. Closes a loophole so a person who commits an offense as a minor cannot circumvent the driver license penalty if the person turns 21 before their court date.

HB 2730 allows a new Texas resident to operate a vehicle without a Texas license for 90 days instead of the current 30. (This provision went into effect on June 19, 2009.)

HB 2012 creates two new punishment enhancements: a Class B misdemeanor if a person drives with a suspended license and without insurance; and a class A misdemeanor if the person driving without insurance or a valid driver license has an accident and someone is seriously injured or dies as a result of that accident.

SB 129 authorizes neighborhood electric vehicles (NEVs) to be operated on roads with a posted speed limit of 45 miles per hour or less. The bill authorizes driver license holders to operate NEVs without having a motorcycle endorsement, clarifies that drivers and passengers in such vehicles are not required to wear helmets and specifies that enclosed three-wheeled vehicles as described in the bill are authorized to operate in preferential lanes.

Hear Ye,  
Hear Ye,  
Hear Ye!

All ye who  
haveth eyes  
to see and  
ears to  
hear!

If you think  
you have an  
interesting  
story or  
article that  
you would  
like to see  
printed, in  
Reviews &  
Stuff send  
it in to me.  
If we use it  
in one of our  
publications,  
we will give  
you \$25.00.

Send all  
stories,  
articles and  
inquiries to:  
C. P.  
Chapman

(See address  
on page 2)

In some people skin problems like ACNE can become a problem  
Chest PAIN is never a good sign  
The urge to BINGE while eating or shopping happens to some people  
High BLOOD pressure is common in people who feel stressed  
The urge to LAUGH or cry at the wrong time can be a symptom of stress  
Someone who is MOODY is also said to be sullen or brooding  
Nighttime SLEEP might be disturbed or too many naps may be needed  
APATHY is a lack of enthusiasm or absence of emotion  
Stress can cause shortness of breath, not unlike ASTHMA  
The need to ESCAPE or run away is one way of trying to cope  
MUSCLE pain or tension means you need to relax  
You might be more likely to lose your TEMPER if you are feeling stressed  
You might gain or lose WEIGHT  
Increased intake of ALCOHOL or drugs can be a way of dealing with stress  
ANXIETY is a feeling of dread or apprehension

Excessive yawning or the desire to nap are signs of FATIGUE  
Good events like getting MARRIED or getting a promotion can cause stress  
Nail biting, pacing, and hair twirling are some NERVOUS habits  
Someone who is stressed might become easily CONFUSED by directions  
Stressed people tend to see only the NEGATIVE side of things  
Too much stress can lead to DIGESTIVE problems like heartburn or ulcers  
Frequent HEADACHES can be a physical sign of stress  
Being "on edge" means you are easily IRRITATED  
Stress can cause people to OVERREACT to unexpected problems  
Stress causes emotional & physical symptoms as well as BEHAVIORAL ones  
Lack of CONFIDENCE in ones' abilities or decisions can be a symptom  
A sad feeling of gloom or inadequacy DEPRESSES  
It can be hard to CONCENTRATE on what is right in front of you



# The Silver Platter Safety Meeting



## Standard, Film or Topic of the Month:

<b>Heat Stress</b>

## Incident Review:

Incident / Near Miss	Action taken to prevent reoccurrence
Employee working on platform fainted and fell 20 feet to the ground.	Make sure employees know the warning signs of heat stress and provide plenty of rest breaks and fluids to employees working in extreme heat.

## Questions and Suggestions:

Submitted by	Discussion / Topic	Status
Tammy	How do we get employees to come down from the platforms to get the drinks we provide?	Make sure the employees understand that heat stress and/or heat stroke can cause permanent damage to their body.

## Material Safety Data Sheet(s) Reviewed:

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## Safe Work Practice:


## Inspection / Housekeeping:


## Sign-In-Roster


Employee Signatures

**Safety Videos**

39. Heat Can Kill  
(Also available In Spanish)

52. Handling the Heat

257. Heat Stress

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# Heat and Alcohol a Bad Combination

*coastguardnews.com*

**G**reat weather and long days are key ingredients for a good time. Barbeques, pool parties and trips to the beach are a few common hot weather activities. Summertime is packed with outdoor activities in sweltering summer weather.

One way people often deal with the heat is to reach for a cold drink containing alcohol, but extreme heat and alcohol can be a recipe for injuries, illness and even death.

Alcohol lowers the body's tolerance for heat and acts as a diuretic—meaning it speeds up dehydration—and affects the body's ability to regulate its temperature. The body loses needed fluids through the urination alcohol induces. If fluids in the body are not replaced, dehydration can be life-threatening.

Alcohol also raises the body's blood pressure, increasing the risk of a heat-related illness like hyperthermia over heating and heat stroke especially for people with high blood pressure.

Signs and symptoms of dehydration include:

- \* Dry lips and tongue

- \* Headache
- \* Weakness
- \* Dizziness
- \* Dark urine
- \* Nausea
- \* Muscle cramps
- \* Extreme fatigue



Alcohol can affect the central nervous system. It impairs a person's judgment, which can interfere with the ability to make smart choices. Impaired judgment causes a loss of inhibitions and may lead to dangerous behavior. Alcohol also influences balance and coordination and its effects are heightened by sun exposure and heat. Simple decisions, such as the right time to go inside to get out of the heat or when to drink more water, can be overlooked.

Judgment impaired by alcohol is a leading factor in deaths associated with water recreation. The Centers for Disease Control and Prevention report alcohol use is involved in up to half of adolescent and adult deaths associated with water recreation and about one in five reported boating fatalities.

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## Working Outside

[www.cdc.gov](http://www.cdc.gov)

**O**ccupations that involve working outdoors present many safety concerns that involve physical and biological hazards. The National Institute for Occupational Safety and Health (NIOSH) offers valuable information and extensive resources aimed at making outdoor employees safer.

Millions of Americans work outside full-time or for just a portion of their workday. Naming only a few occupations gives an idea of the many types of outdoor environments employees face; farming, fishing, landscaping, construction or transportation.

Outdoor dangers begin with the environment, which can present conditions such as extreme heat during the summer months. The sun's rays create dangerous ultraviolet (UV) radiation that can promote skin cancer, and they also generate

high temperatures that can lead to heat stress and each year weather accounts for many employee deaths and injuries.

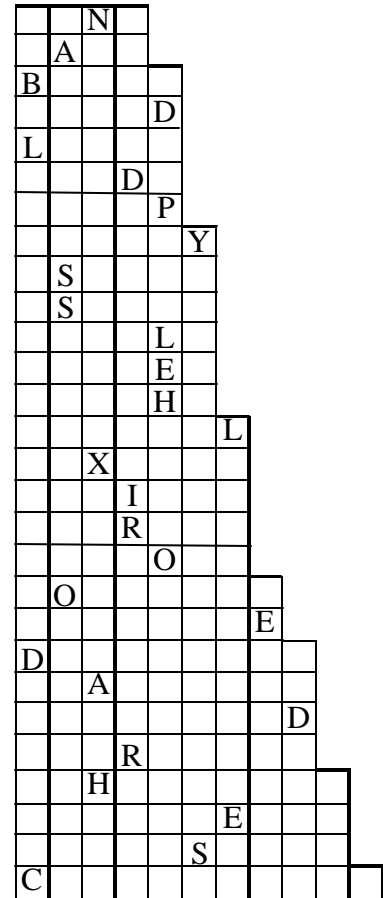
Biological elements abound in outdoor environments. These can include venomous wildlife and insects, and poisonous plants. Mosquitoes and ticks can carry diseases such as West Nile virus and Lyme disease.

Dangers also come in many other forms, including exposure to chemicals, like pesticides, or physical hazards such as falling objects, contact with electricity in downed power lines, or motor vehicle-related incidents.

NIOSH research identifies outdoor hazards and provides employers and employees with information they need in order to reduce the probability of accidents and exposures.

# SIGNS OF STRESS!

- ♦ In some people skin problems like \_\_\_ can become a problem
- ♦ Chest \_\_\_ is never a good sign
- ♦ The urge to \_\_\_ while eating or shopping happens to some people
- ♦ High \_\_\_ pressure is common in people who feel stressed
- ♦ The urge to \_\_\_ or cry at the wrong time can be symptom of stress
- ♦ Someone who is \_\_\_ is also said to be sullen or brooding
- ♦ Nighttime \_\_\_ might be disturbed or too many naps may be needed
- ♦ \_\_\_ is a lack of enthusiasm or absence of emotion
- ♦ Stress can cause shortness of breath, not unlike \_\_\_
- ♦ The need to \_\_\_ or run away is one way of trying to cope
- ♦ \_\_\_ pain or tension means you need to relax
- ♦ You might be more likely to lose your \_\_\_ if you are feeling stressed
- ♦ You might gain or lose \_\_\_
- ♦ Increased intake of \_\_\_ or drugs can be a way of dealing with stress
- ♦ \_\_\_ is a feeling of dread or apprehension
- ♦ Excessive yawning or the desire to nap are signs of \_\_\_
- ♦ Good events like getting \_\_\_ or getting a promotion can cause stress
- ♦ Nail biting, pacing, and hair twirling are some \_\_\_ habits
- ♦ Someone who is stressed might become easily \_\_\_ by directions
- ♦ Stressed people tend to see only the \_\_\_ side of things
- ♦ Too much stress can lead to \_\_\_ problems like heartburn or ulcers
- ♦ Frequent \_\_\_ can be a physical sign of stress
- ♦ Being "on edge" means you are easily \_\_\_
- ♦ Stress can cause people to \_\_\_ to unexpected problems
- ♦ Stress causes emotional & physical symptoms as well as \_\_\_ ones
- ♦ Lack of \_\_\_ in ones' abilities or decisions can be a symptom
- ♦ A sad feeling of gloom or inadequacy
- ♦ It can be hard to \_\_\_ on what is right in front of you



Answer on p. 5



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## The Suggestion Box

If you are having trouble getting your supervisor to participate in safety or if you have special safety concerns that are not being addressed, write me. We all must do our part to keep you safe and healthy.

