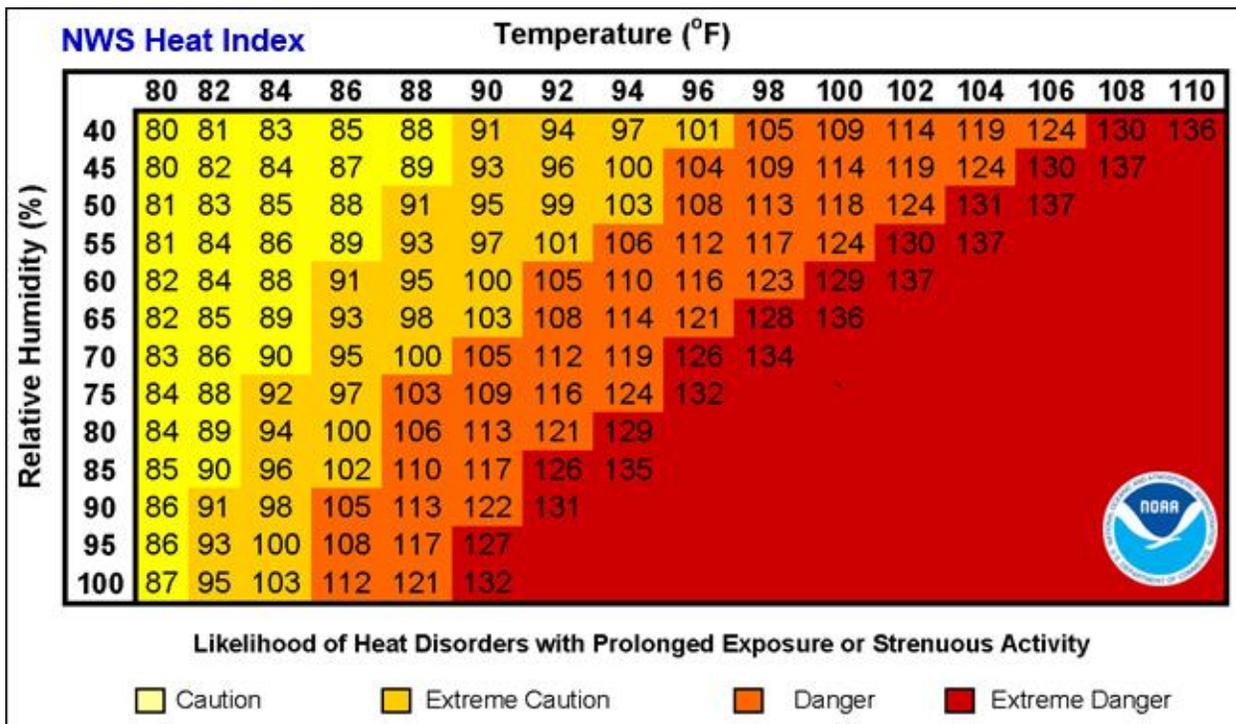


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KEEP YOUR COOL WHEN WORKING IN THE HEAT

High temperatures can bring severe risks when working outdoors. To stay safe, it is vital to understand the hazards of working outside in the heat. When talking about the summer heat, it is important to understand the heat index. The Heat Index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index--how hot it feels--is 121°F.



Accidents are more common in high temperatures because of sweaty palms, fogged safety glasses and dizziness. Working in high temperatures may lower mental alertness and physical performance. Increased body temperature and physical discomfort can promote irritability, anger and other emotional states, causing overlooked safety procedures or diverted attention from hazardous tasks.

The body becomes overheated from 2 primary sources: the environmental conditions in which they work, and the internal heat generated by physical labor. Heat related illness occur when the body is not able to lose enough heat to balance the heat generated by physical work and external heat sources.

SAFETY SP T

The best thing to do is prevent heat related illness in the first place.

- Fans and swamp coolers could be used if they are feasible on the job site.
- Everyone should stay hydrated by drinking cool water throughout the day. By the time you feel thirsty, you are probably already dehydrated. It is important to take regularly scheduled water breaks throughout the workday. The CDC recommends that people drink about 1 cup of water for every 15 minutes of work in a hot environment.
- If you are outside for an extended period, sports drinks can help to replace electrolytes.
- Take regularly scheduled breaks out of the sun to cool off.
- When possible rotate positions so that you are not working in direct sunlight for too long.

As your internal temperature rises it can lead to Dehydration, Heat Cramps, Heat Exhaustion or the most serious Heat Stroke.

Dehydration - when there is a high heat index and physical activity outdoors you increase the risk of dehydration. If you feel thirsty, you are not drinking enough water. Signs of dehydration include flushed skin, fatigue, dark colored urine, dizziness and heat intolerance. Proper precautions can stave off a rising internal body temperature. People with Heart Conditions, who are overweight, on certain medications, or who have High Blood Pressure are more susceptible to dehydration.

Heat Cramps - sweating causes a loss of body salt, and when levels are low enough it can lead to heat cramps. These are usually in the form of muscle spasms or pain in the abdomen, arms or legs. Tired muscles are more likely to experience heat cramps, and these can even occur after working hours when workers are out of the heat.

Heat Exhaustion is one of the more serious illnesses. It happens after heavy sweating causes a loss of water and salt. People experiencing heat exhaustion normally have a headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating. They can also have a faster heartbeat and cool or clammy skin.

Heat Stroke is the most serious heat related illness. This occurs when the body can no longer regulate its core temperature. People experiencing heat stroke stop sweating, are often confused, lose consciousness, or experience hallucinations, chills, slurred speech or seizures. Heat stroke is a medical emergency and can lead to death if not treated quickly.

It is important to notice these symptoms as early as possible and intervene before they cause permanent damage. If someone has signs of heat related illness, move them to as cool a place as is possible, out of the sun. Ideally you would move them into an air-conditioned space and allow them to rest and make sure they cool off. At least you would need to move them into the shade. Have them lie down, apply cold compresses, give them cool water and have them drink it slowly. It is important to replenish fluids steadily.

For heat cramps, sports drinks can help replenish nutrients and electrolytes. If heat cramps do not improve in an hour, seek medical attention. If the symptoms indicate that the person has heat stroke, confusion, seizures, call 911 immediately. While you wait for assistance follow the first aid tips mentioned above.

OSHA has a Heat Safety Tool app for both iPhone and Android Smartphones:
www.osha.gov/SLTC/heatillness/heat_index/heat_app.html

The app has a lot of useful tools to help you avoid heat illness.

Stay hydrated and keep your cool when working in the heat this summer!

This information was written and submitted by:
Stephen Smith, UTP Area Representative

A Tale of our accidents

The following is a list of incidents and accidents that have occurred since our last newsletter.

Arizona: Gammage Theater - While carrying a set piece the employee tripped and caught themselves with their right arm causing a wrist strain.

Phoenix Symphony - While moving the shell, one of the panels fell off and pinned their wrist causing contusion and strain of the wrist.

Florida: ST. Sawgrass Marriott - As a freestanding sound/light rig was being raised, a shackle disengaged from the motor which caused the end of the truss to fall injuring the employee's forearms, left shin and hands.

St. Augustine Amp. #2 - While unloading semi-trucks employee did not take precautionary measures when exiting the truck. Employee fell hitting the asphalt and breaking an elbow. The employee has been out of work for a few months.

Dailies Place #1 - While stacking road cases in a tight storage space the employee strained their back and popped a rib out of place.

Dailies Place #2 - While lifting a steel cover that protects cabling it slipped and smashed their middle finger causing it to break. Please note the employee was using proper gloves and therefore was saved from also having a laceration/stitches/tetanus shot.

A Tale of our accidents - continued

Florida Cont'd: KTB Sports Arena - Employee was in front of a deck cart while it was coming down a ramp. While trying to slow the cart down with his foot it was run over and broke the employee's toes.

Utah: Vivint Arena - While lifting heavy materials the employee became dizzy and nauseous as the employee failed to keep hydrated or to eat at all prior to their shift.

Texas: JW Marriott - While unstacking road cases; the top one fell on the employee's foot causing a deep bone contusion.

Georgia: Cobb Center - While walking through the jobsite where they were cutting steel, he had a piece that pierced through his shoe and foot.

Safety Gear

The most important pieces of gear to put on prior to working are your personal protective equipment. Many of the accidents above could have been avoided by wearing proper attire. Invest in your safety before it is too late!

- ✓ Steel toed boots
- ✓ Proper Gloves
- ✓ Hard hat – when work is going on above you
- ✓ Reflective vests around forklifts, scissor lifts, etc.
- ✓ Harnesses for work at heights



If there is an incident that takes place while working for UTP Productions, please call our injury hotline at (801)209-9193. We can walk you through the reports and any further care that is needed.