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## Dear Safety Program Administrators, Stewards, and Influencers,

After a string of record-breaking temperatures, 2022 is expected to be the hottest summer recorded yet. Coincidentally, the potential for Heat Exhaustion and Heat Stroke is a greater concern for everyone, and it has become critically important that UTP's potentially exposed workers become proficiently able to recognize Heat Illness symptoms, and that they know how to effectively respond to these potentially fatal conditions when minutes count.

This issue provides actionable and easy to follow information, bulletins and posters that can be shared during job box safety meetings, conspicuously posted in break areas and on jobsites, next to sign-in sheets, and anywhere and anytime workers are exposed to "summertime hot" working conditions.

Thanks to everyone for helping UTP inform our workers about Heat Exhaustion and Heat Stroke symptoms and treatment solutions.

Ladd Anderson, Safety Spot contributor.



## Protecting Workers from Heat Stress

**Heat Illness**

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high and the job involves physical work.

**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

**To Prevent Heat Illness:**

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.





**For more information:**

**OSHA** Occupational Safety and Health Administration

[www.osha.gov](http://www.osha.gov) (800) 321-OSHA (6742)





- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- 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.
- Consider protective clothing that provides cooling.

**How to Protect Workers**

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.





**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.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.



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# SAFETY SPOT



## Heat exposure can be dangerous

### Signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

### Take these actions

- 1 > CALL 911 IMMEDIATELY
- 2 > COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
- 3 > STAY WITH THE WORKER UNTIL HELP ARRIVES



## Prevent Heat Illness at Work



**Ease into Work.** Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

Build a tolerance to heat by increasing intensity by 20% each day.



Drink cool water even if you are not thirsty



Rest for long enough to recover from the heat



Take breaks in a shady or cool area



Wear a hat and dress for the heat



Watch out for each other



Verbally check on workers wearing face coverings



## Heat illness signs and symptoms

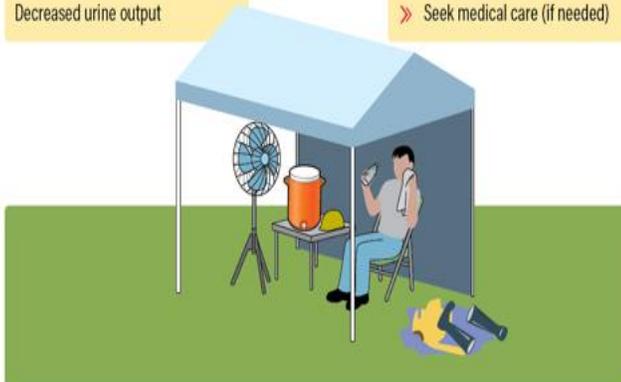
Watch for signs of heat illness and act quickly. When in doubt, call 911.

### If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output

### Take these actions:

- >> Give cool water to drink
- >> Remove unnecessary clothing
- >> Move to a cooler area
- >> Cool with water, ice, or a fan
- >> Do not leave alone
- >> Seek medical care (if needed)



## HEAT-RELATED ILLNESSES

### WHAT TO LOOK FOR

### WHAT TO DO

#### HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or clammy skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

#### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:
  - You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

#### HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:
  - Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

#### SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

#### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



## A Tale of our accidents

The following is a list of incidents and accidents that have occurred in the last several months.

**California: #1** - Coworkers were taking down tables when one got stuck. When they were able to get it down it was very loud and caused pain in his ear.

**Oregon: #1** - While holding the elevator for people to load, he took a half step backward and fell off the elevator down the pit while pulling a rack of chairs with him.

**Alabama: #1** - Employee jammed their finger while unloading trucks.

**Texas: #1** - After unbolting a beam and putting it on the lift, it shifted and caught two fingers between it and the lift and crushed two fingers. It fractured the fingers and two very large lacerations. Employee has been unable to work for two months already.

**Florida: #1** - While putting two pieces of decking together employee caught their left ring finger and caused a laceration needing stitches.

**#2** - Employee was lifting a subwoofer to the stage and another stagehand pulled it before he was ready. It ended up pinching his right index and middle fingers breaking them.

**#3** - Employee was asked to catch a load bar holding the drums. When the bar was released, the decking holding the drums fell, pushing her to the ground hitting her all the way down the left side.

**#4** - While the employee was pulling decking from a stack, they missed and smashed their finger in between the pieces.

**#5** - While helping with scenery; he rolled his ankle and fell to the ground. He has a bad ankle sprain.

**We would like to reach as many relevant people as possible with this safety tool. Please send email addresses of any stewards, safety committee members or other stagehands who may be interested in receiving the Safety Spot to [julie@utpgroup.com](mailto:julie@utpgroup.com)**