



Environmental Safety Training

SESSION OBJECTIVES

YOU WILL BE ABLE TO

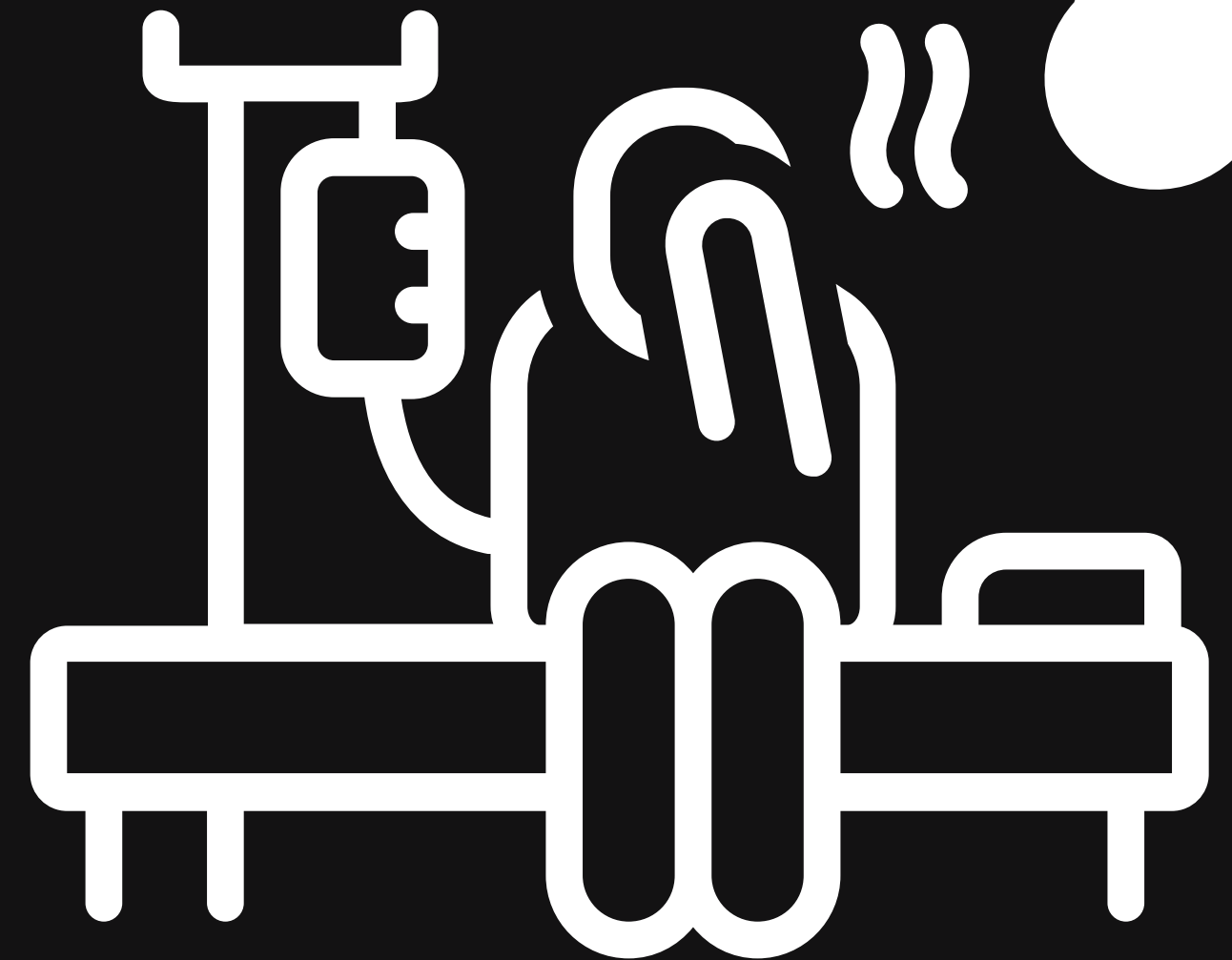
Identify environmental hazards, controls, best practices, and other resources to ensure a safe working environment

HEAT RELATED ILLNESS

Heat Stroke– When the body is unable to control its temperature and the body temperature rises rapidly. Symptoms include confusion, slurred speech, loss of consciousness, hot, dry skin, profuse sweating, seizures, high body temperature

How to help:

- Call 911
- Move the individual to a shaded or cool area and stay with them
- Loosen or remove restrictive or heavy clothing
- Cool the individual down with wet cloths or ice on head, neck, armpits, groin
- Circulate the air if possible



Heat Related Illnesses (Cont.)

Heat Cramps– sweating depletes the body's salt and moisture levels in the muscles which causes painful cramps. Symptoms include muscle cramps, pain or spasms in the abdomen, arms, or legs.

How to help:

- Drink water and have a snack and/or carbohydrate–electrolyte replacement liquid every 15–20 minutes
- Avoid salt tablets
- Get medical help if the worker has heart problems, is on a low sodium diet or if cramps do not subside within one hour

Heat Related Illnesses (Cont.)

Heat Rash– skin irritation caused by excessive sweating. Symptoms include red cluster of pimples, small blisters that usually appear on the neck, upper chest, groin, under the breasts and in elbow creases

How to help:

- When possible, move to a cooler, less humid work environment
- Keep rash area dry
- Powder may be applied to increase comfort
- Ointments and creams should not be used



HOW TO PREVENT HEAT RELATED ILLNESSES

Schedule more physically demanding work for cooler parts of the day

Wear light colored clothing

Take frequent water/rest breaks in the shade

Know the signs and symptoms of heat related illnesses

Reduce physical exertion by providing extra workers

When possible, use fan for air movement and cooling

Limit caffeinated beverages

Drink 4-8 ounces of water or sports drinks every 20 minutes

SUNBURN

- Sunburn is an often-painful sign of skin damage from spending too much time outdoors without wearing a protective sunscreen
- Unlike a thermal burn, sunburn is not immediately apparent. Symptoms usually start about 4 hours after sun exposure, worsen in 24–36 hours and resolve in 3–5 days.
- Years of overexposure to the sun lead to premature wrinkling, aging of the skin, age spots and increased risk of skin cancer

- Symptoms: red, warm, and tender skin, swollen skin, blistering, fatigue, fever
- Pain from sunburn is worse 6–48 hours after sun exposure. Skin peeling usually begins 3–8 days after exposure



SUNBURN FRIST AID

- Symptoms can be treated with aspirin, acetaminophen, or ibuprofen
- Drink plenty of water
- Cool baths or the gentle application of cool wet clothes on the burned area
- Avoid further exposure until the burn has resolved
- Apply a topical moisturizing cream, aloe or 1% hydrocortisone cream
- A low dose (0.5%-1%) hydrocortisone cream
- If blisters occur lightly bandage or cover area with gauze
- Seek medical attention if sunburn covers more than 15% of the body, dehydration, high fever, extreme pain lasting longer than 48 hours

COLD STRESS

Monitor conditions, plan activities during warmer parts of the day

Wear layers of clothing that are wind/waterproof

Take frequent breaks in warm, sheltered spaces

Drink plenty of fluids to prevent dehydration; limit caffeinated beverages

Know the signs and symptoms of cold stress:

pain and numbness in extremities; excessive fatigue, severe uncontrollable shivering, drowsiness, and irritability

Use the buddy system to monitor each other

Request medical attention immediately if someone shows signs of frostbite or hypothermia

Bee Stings

- Stay calm
- Remove the stinger
- Wash sting with soap and water
- Apply a cold pack to reduct swelling
- Use over-the-counter pain medication
- Seek medical attention immediately if showing any signs of an allergic reaction



Animal Bite



- Wash the bite area with soap and water. If the bite is bleeding, put pressure on it using sterile gauze or a clean cloth.
- If the bleeding has stopped, put antibiotic ointment on the area
- Cover the area with a bandage or sterile gauze
- Use over-the-counter pain medication
- Seek medical attention if:
 - If the bite was from a wild or stray animal or pet that isn't up to date on rabies shots
 - The bite has broken the skin
 - The bite is on the face, head, neck, hand, foot, or near a joint

Tick Bites

- Remove the tick promptly and carefully
- If possible, seal the tick in a container
- When to seek emergency care
 - Severe headache
 - Difficulty breathing
 - Paralysis
 - Heart palpitations
- When to contact your doctor
 - You can't completely remove the tick
 - The rash gets bigger
 - You develop flu-like symptoms
 - You think the bite site is infected
 - You think you were bitten by a deer tick



Poisonous Plants

- Keep rubbing alcohol accessible as it may remove the oil resin from plants such as poison ivy up to 30 minutes after exposure
- When appropriate, safely clear vegetation from areas where personnel are working and living
- Use gloves and wear long pants and long-sleeved shirts when possibly contacting poisonous plants
- Use a barrier cream formulated to protect against poison ivy/oak
- For more information on poisonous plants

<http://www.cdc.gov/topics/plants/identification/html>





Weather

- When lightning is observed in the area, the Supervisor should consider suspending work and get personnel under cover until the storm and/or threat of lightning strikes has passed
 - The ultimate decision as to shutting down the job, and for how long, rests with the supervisor. However, ANY worker may refuse to work without fear of discipline, if they fell in danger of lightning strikes, they must confer with their supervisor
 - When lightning is observed or moving toward the site/location crain/lift operations must be suspended, and the machinery must lower its boom/platform to its lowest point
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KEY POINTS TO REMEMBER

- Be cautious of your surrounding and know the safety precautions and procedures for environmental hazards
- For more information on emergency preparedness, ask your supervisor or reach out to your HR team.

TAKE THE QUIZ

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id=RZJ-M6ZIREqmNwvW9nbIKxyzzaSUgJJFgf5zZdrqY-
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