

John Meola's Safety First!

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of the



Hot Weather Safety Reminders

- Precautions in Nuclear Summer Conditions
- High Heat + Traffic = Road Rage
- Heat Stress Occurs Both Day and Night
- Some Summer-Specific General Reminders
- How to Beat the Heat (sort of...)
- OSHA Mantra: Water — Rest — Shade
- Some Final Heat Reminders

PRECAUTIONS IN NUCLEAR SUMMER CONDITIONS

- High heat INDEX - humidity is the governing factor
- Heat Index over 100 = start to adjust outdoor activity
- Cover up, avoid direct sun exposure - head, neck
- Use cooling bandana; shade protection, nape protector, long sleeves
- Ticks in high grass; mosquitos, bees/wasps/hornets, avoid BIRD droppings and nests; critters

HIGH HEAT + TRAFFIC = ROAD RAGE

- There was a 5 mile back-up on an interstate on a 96 degree day. There were reports of a shooting during the jam.
- High Heat can cause stress and abnormal behavior. The incidence of road rage goes UP - too easy to trigger anger in high heat.
- Be aware that heat can cause people to exhibit bizarre behavior. If they are behind the wheel, this can be dangerous.
- Remember: Not everyone has properly functioning AC in their vehicle.

HEAT STRESS OCCURS DAY & NIGHT



- Hydration most important. This is more complex than simply drinking a bottle of water.
- Diet is a big contributor. Eat light in hot weather. Watermelon is example of a natural hydration food.
- Top 15 hydrating foods: Go to this [UCLA Health Page](#)
- Cover up exposed skin from direct sun
- AC environments are equally dehydrating, including long vehicle rides
- Get proper rest periods - especially for night work. Body takes up to a week to adjust to sleep deprivation & restore its circadian rhythms

SOME SUMMER-SPECIFIC GENERAL REMINDERS

- Hydration & diet; remember that AC in the cab is dehydrating
- Poison plants & weeds — treat all vegetation as possible hazard — avoid contact — use protection
- Insect — Reptiles — Birds — Critters – Bees, etc.
- Avoid contact with droppings, nests; burrows, etc.
- Avoid breathing DUST from any source

HOW TO BEAT THE HEAT (Sort of...)



- Mostly just try to endure it. Temps usually break in Mid-August
- High humidity raises the Heat Index, often to over 100* 'feels like'
- Decrease or reconfigure strenuous activity – early AM usually cooler
- Avoid direct sun exposure when possible: clothing, shade, head covering, umbrella, shelters, canopy, etc. Use fans when available for air movement.
- Wear **long sleeve, open front shirt**- blocks sun, allows ventilation of torso.
- Yes, the safety vest is made of polyester; it does not 'breathe' as well. But it is a critical element of PPE.
- Heat induces fatigue and impairs decision making. Meds can cause complications.
- Watch your diet in high heat. Eat less generally, avoid junk food.
- Hydrate with water, electrolyte beverage. Skip the soda-pop, Red Bull

NEW OSHA MANTRA: 'WATER – REST – SHADE'

- Stay properly hydrated. Water, lemonade, certain other supplements
- Avoid the Red Bull, Monster, etc. Sugar & Water Junk. NO soda!
- In high heat & humidity, be mindful of your general body functions: solid & liquid intake, sleep interval, and other metabolics.
- Don't try & push it. Each person handles HEAT differently. Take a break in shaded area if needed.
- **Dress code** can impact the body heat load. Torso, neck, head should be 'ventilated' as much as possible to allow evaporative cooling.
- A tight fitting Tee Shirt is basically wrapping the heat into the body interior.
- If you need to wear high viz, consider a mesh vest or alternate.
- Certain applications: cooling bandana; cooling vest; nape protector on hard hat; hard hat sun visor, etc.
- Engineered garment & fabric improvements offer SPF, insect & UV protection

Some Final Heat Reminders...

- Buy more watermelon, peaches, strawberries
- Drink more water, Gator-ade, squincher, lemonade, etc.
- Think electrolyte replacement!
- Eat Less heavy meals; more salad, less fat, skip the fries, have a tomato, fruit, corn, hydrating veggies
- Water cooler & ice bucket challenge – drinking liquid that is too cold is not good
- Cool to room temp is best for assimilation – otherwise our body has to work harder to absorb H₂O
- High heat can accelerate fatigue. Get adequate rest cycle; REM sleep

