

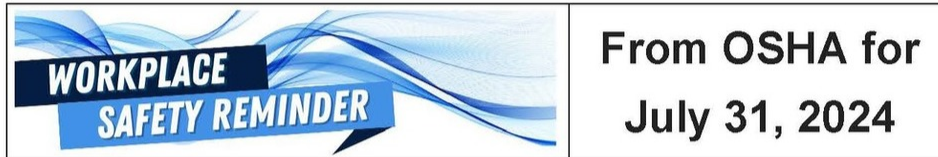


Weekly Safety Tip

OSHA Safety Tips on Heat Stress Personal Factors

The Safety Council of Northwest Ohio encourages you to sign up for workplace safety reminders that are being issued by Federal OSHA. Below is an example of one issued on **heat stress**. Topics will vary but heat stress is one that is often the subject of 'timely' OSHA reminders.

This Safety Share displays the online content you would be taken to from the e-announcement (with some minor edits to better communicate and display the messaging).



Personal Risk Factors that Contribute to Heat Stress

Some workers handle heat stress less effectively than others.

Heat intolerance happens for a variety of reasons.

Personal risk factors include:

- Obesity (body mass index ≥ 30 kg/m²)
- Diabetes
- High blood pressure
- Heart disease
- Lower level of physical fitness
- Use of certain medications such as diuretics (water pills) and some psychiatric or blood pressure medicines
- Some medications can result in a worker's inability to feel heat conditions and/or the inability to sweat, so symptoms of heat stress may not be evident.
- Alcohol use
- Use of illicit drugs such as opioids, methamphetamine, or cocaine

NOTE: Other medical conditions can also predispose workers to heat-related illnesses, so the list above is not comprehensive.

Keep in mind that not all workers tolerate heat the same way. Workplace controls should focus on making jobs safe for each individual employee.

An **occupational medical monitoring program** can identify workers who are at increased risk of heat illness, while maintaining confidentiality of those workers' health information.

Weekly Safety Share



October is Pedestrian Safety Month



SAFETY & HEALTH SHARE

October Is Pedestrian Safety Month

At some point in the day, everyone is a pedestrian.

Sadly, pedestrian fatalities are at an all-time high.



- In 2022, there were 7,522 pedestrians killed in traffic crashes in the United States. That is 21 pedestrians a day and 145 pedestrians a week. This represents a 0.7% increase from the 7,470 pedestrian fatalities in 2021.
- On average, a pedestrian was killed every 70 minutes and injured every 8 minutes in traffic crashes in 2022.
- Pedestrian deaths accounted for 18% of all traffic fatalities in 2022 and 3% of all people injured in traffic crashes in 2022.
- In 2022, there were an estimated 67,336 pedestrians injured, an 11% increase from the 60,579 pedestrians injured in 2021.
- In 2022, the number of pedestrians killed in traffic crashes was the highest since 1981.
- 16% of the pedestrian fatalities occurred at intersections, 75% occurred at locations that were not intersections, and the remaining 9% occurred at other locations in 2022.
- More pedestrian fatalities occurred in the dark (78%) than in daylight (19%), dusk (2%), and dawn (2%) in 2022.
- Alcohol use is a significant factor in fatal crashes. In 2022, 48% of all crashes resulting in pedestrian fatalities involved either a driver and/or pedestrian with a blood alcohol content (BAC) of .08 or higher.
- 17% of the children 14 and younger killed in traffic crashes in 2022 were pedestrians.
- Research shows that the average risk of death for a pedestrian reaches 10% at an impact speed of 23 mph, 25% at 32 mph, 50% at 42 mph, 75% at 50 mph and 90% at 58 mph.
- Seventy percent of the pedestrians killed in traffic crashes in 2022 were males.
- More pedestrian fatalities occurred in urban areas (85%) than rural areas (15%) in 2022.
- Nearly 1 in 4 pedestrians killed in traffic crashes in 2022 (24%) were struck by hit-and-run drivers.

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