Weekly Safety Tip

Tips For Working Outdoors This Summer

SAFETY TIPS

For Working Outdoors This Summer

Safety Council OF NORTHWEST OHIO

It's all about water, rest, and shade.

Follow these simple guidelines for sun protection and safe hot weather work practices.

Those are OSHA's three words of wisdom once again as it prepares to launch another year of its awareness campaign to help keep workers safe when worksites are outdoors in the summer sun.

OSHA makes special note of the need for "***acclimatization***" or the gradual building of tolerance for working in heat:

"*Workers new to the heat or those that have been away from work and are returning can be most vulnerable to heat stress and they must be acclimatized.*"

This is accomplished by "gradually increasing workload for new and returning workers- and for everyone during a heat wave." OSHA emphasizes the need for acclimatization especially for "*new workers, temporary workers, or those returning to work after a week or more off.*"

In addition to that slow-but-steady approach to hot weather work, **OSHA also suggests**:

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- "Easy does it" on your first days of work in the heat. You need to get used to it.

NIOSH adds a few more items to that heat safety precautions list, including:

- Wearing loose-fitting, breathable clothing such as cotton and avoid non-breathing synthetic clothing.
- Scheduling heavy work during the coolest parts of day.
- Taking more breaks in extreme heat and humidity.
- Avoiding alcohol, and drinks with large amounts of caffeine or sugar.
- Being aware that protective clothing or personal protective equipment may increase the risk of heat stress.

Keep your crews and yourself safe from heat hazards this summer.

DA Varwig, CSP-retired and Board of Directors Vice-Chair for SCNWO and Elsmart

Weekly Safety Share

What is Connected Hydration

SAFETY & HEALTH SHARE

DaveV NOTE: We (SCNWO Board Chair Carl Habecost, Board member Emeritus Don Elswick, RN Linda Elswick and yours truly) recently delivered a full day/6-hr session on **HEAT STRESS** on the last day of this year's Ohio Safety Congress, April 18th, so it felt right to continue to seek out more information in preparation for perhaps a condensed version at our safety council sometime soon.

That prompted me to attend a webinar recently sponsored by **Epicore**. I thought that I would "share" some information to help broaden our membership's understanding of this technology-leveraged solution for heat stress management that is readily available, to possibly prevent a serious heat stress event from happening in one of our workplaces throughout Northwest Ohio, this summer.

What is **Connected Hydration?**

*Through the use of a sweat-sensing wearable patch with a mobile app, **Connected Hydration** provides real-time insights on sweat volume loss, electrolyte loss, body temperature, and body movement to inform hydration needs1. It works with a proprietary wearable sensor to measure sweat/electrolytes loss and track fluid and electrolyte intake.*

Connected Hydration *empowers workers to combat the harmful effects of dehydration and heat exposure by providing personalized feedback and interventions.*

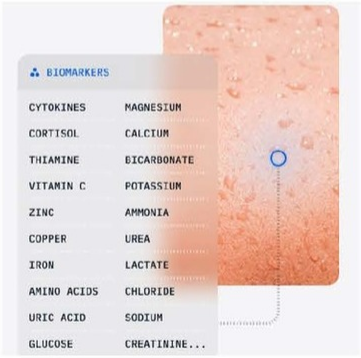
THE PROBLEM: Excessive heat exposure *can lead to impaired cognition, heat illness, and severe chronic health issues which pose safety risks to workers and those around them.*

What is **Sweat?**

Every drop contains a rich blend of biomarkers, including

- Electrolytes
- Metabolites
- Micro-Nutrients
- Proteins
- Toxins / Exogenous Agents (caused by factors or an agent from outside the organism or system)
- and more . . .

Our sweat provides a direct look into our state of health, hydration, and wellness



Eccrine sweat glands in the skin are key components of an ingenious system for evaporative cooling. Their action is controlled by the sympathetic nervous system in an adaptive, closed-loop manner to help maintain thermal homeostasis during physical or mental exertion or exposure to high temperatures. **Sweat not only removes heat but also helps excrete other chemicals and metabolites from the body.** Recent advances in engineering have enabled eccrine sweat to be used for diagnostic purposes, in the form of soft microfluidic analysis systems that gently adhere to the skin for in situ capture, storage, and biochemical evaluation of directly sourced microliter samples. These non-invasive technologies create a broad spectrum of possibilities for using sweat to assess health status and chemical balance, **screen for disease conditions, monitor loss of essential chemical species, and detect trace toxins or exogenous agents** without the need for external sample collection and analysis. [*Sweat as a diagnostic biofluid* ***Science*** Feb 2023 pp. 760-761]

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