



Weekly Safety Tip

**Heat Stress Personal
Risk Factors from
OSHA**

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



New DOT Rule



SAFETY & HEALTH SHARE



New DOT Rule

*gives fire fighters
better protections from
hazardous materials*

Developed in the wake of the 2023 East Palestine train derailment, the rule will ensure responders are prepared when they arrive on the scene of an accident.

A new federal rule finalized on June 24, 2024 will give fire fighters and other first responders critical information about the hazardous materials being transported through their communities.

The Department of Transportation Pipeline and Hazardous Materials Safety Administration (PHMSA) rule requires railroads to transmit information to first responders regarding any hazardous materials on board as soon as they become aware of an accident.

"Fire fighters are all-hazard responders, often first to arrive at incidents like train derailments," said General President Edward Kelly. "Getting fire fighters and rescue workers the information they need in an emergency helps us mitigate further risk, protect the community, and stay safe on the job."

The change is part of a series of rail transit reforms initiated after a Norfolk Southern train carrying hazardous materials derailed in East Palestine, Ohio early last year.

While 11 tank cars burned in the incident, **it was nearly two hours before fire fighters were alerted to what chemicals and hazardous substances were on board the trains.**

"Getting fire fighters and rescue workers the information they need in an emergency helps us mitigate further risk, protect the community, and stay safe on the job," said General President Kelly.

The DOT heard "first-hand from fire fighters" that responded to East Palestine about the need for future improvements to hazmat reporting, said PHMSA Deputy Administrator Tristian Brown. "This information will ensure the heroes that are responding to an incident can prepare for what they will encounter instead of waiting until after they get on scene to try to access this vital information."

PHMSA's new rule will prevent these delays by requiring railroads to document what materials are being transported and where they're located on the train before departure.

Information about the train's starting point and destination, an emergency point of contact, and additional emergency response data must also be provided.

Fire fighters in the U.S. responded to more than [1.1 million](#) calls involving hazardous materials or conditions in 2021, according to the National Fire Protection Association (NFPA).

Share Source: IAFF - International Association of Fire Fighters

Through its [Hazmat Training Programs](#), the IAFF is committed to ensuring all fire fighters are prepared with the right knowledge and tools to properly address these dangerous incidents. The IAFF also worked closely with the Department of Transportation and PHMSA to develop this rule and ensure it provided the necessary information for fire fighters.

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