

## SUMMER SAFETY

Summer is the time of year that certain job tasks are performed outdoors. It is also the time of year where different safety hazards are more pronounced. Some of the more frequent safety hazards associated with the season of summer include sunburn, heat stress, insect bites, and poison ivy, oak or sumac.

### Definitions

Sunburn= is an inflammation of the skin that follows overexposure to ultraviolet light from the sun

Heat Stress= the human body's inability to cool itself



### Sunburn

#### Signs and Symptoms

- Red, swollen, painful, and sometimes blistered skin
- Fever
- Nausea, vomiting and delirium with severe burns
- Peeling of skin after recovery

#### Prevention of Sunburn

- Avoid exposure to sun between 12pm and 3 pm
- Use sunblock with a sun protection factor greater than 15
- Wear proper clothing; bright colors or white will reflect sun onto your face increasing risk of burns

#### Treatment

- Cool moist compresses on skin can reduce heat & pain
- Cold cream or body lotion adds moisture to the skin
- Use a pain reliever for pain & fever
- Keep pressure off of burned skin to relieve pain

#### Seek Medical Treatment if you have:

- A temperature that is greater than 101°F
- Vomiting or diarrhea
- Pain & fever that persists for longer than 48 hrs.
- Delirium

### Heat Related Illnesses

#### **Factors Leading to Heat Stress**

High temperature and humidity  
 Direct sun or heat  
 Limited air movement  
 Physical exertion  
 Poor physical condition  
 Some medicines  
 Inadequate tolerance for hot workplaces

#### **Symptoms of Heat Exhaustion**

Headaches, dizziness, or fainting  
 Skin cold, pale & clammy  
 Pulse is thready  
 Mood changes such as irritability or confusion  
 Upset stomach or vomiting

#### **First Aid**

Get victim out of sun; loosen clothing; apply cool, wet cloths; provide sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

#### **Symptoms of Heat Stroke**

Dry, hot skin with no sweating  
 Mental confusion or losing consciousness  
 Seizures or fits  
 Rapid & strong pulse

#### **First Aid**

Do not give fluids. Get victim to a hospital immediately.

#### **Preventing Heat Stress**

Know signs/symptoms of heat-related illnesses  
 Block out direct sun or other heat sources  
 Use cooling fans/air-conditioning  
 Rest regularly  
 Drink lots of water; don't wait till you get thirsty  
 Wear lightweight, light colored, loose-fitting clothes  
 Avoid alcohol, caffeinated drinks, & foods like proteins



### Insect Bites

Each year, employees are stung by flying insects. Employees who work outdoors have an increased risk of being stung.

#### *What to Do If an Employee is Stung*

1. Have someone stay with the victim to be sure that the victim does not have an allergic reaction.
2. Wash the site with soap and water.
3. The stinger can be removed using a four by four gauze wipe over the area. Never use a tweezer or squeeze the stinger as this will cause more venom to be released.
4. Apply ice to reduce swelling.
5. Do not scratch the sting.

#### *How to Reduce the Risk of Being Stung*

1. Wear light-colored, smooth-finished clothing.
2. Avoid perfumed soaps, shampoos, deodorants.
3. Wear clean clothing and bathe daily. Sweat angers bees.
4. Cover the body as much as possible.
5. Avoid flowering plants.
6. Bees are very active during the warmer hours of the day and thrive in places where food is discarded.
7. If a single stinging insect is flying around, remain still or lie face down on the ground.
8. If attacked by several stinging insects at the same time, run to get away. Bees release a chemical when they sting and this alerts other bees. More bees often follow.
9. If a bee comes in side your vehicle, slowly stop, and open all the windows.

### Which One is Poison Ivy?



Poison ivy has two forms. One grows low to the ground and the other form is a "hairy" vine that grows up a tree. You may have heard the old saying, "Leaflets three, let it be."

#### *How Does Poison Ivy Cause a Rash?*

- Touching the plant
- Touching any clothing, including shoes exposed to the plant
- Touching any tools that may have the oil on it
- Touching any pets that have been around the plant and have gotten the oil on their hair
- Burning the plant; the oil from the plant is carried in the smoke

#### *What is Poison Ivy Rash Like?*

- Appears 1-2 days after coming in to contact with urushiol(plant oil)
- Area becomes red and swollen
- Small blisters begin to form and the rash becomes itchy a day or so later
- The blisters start to dry up and the rash will go away after about a week



#### *How is Poison Ivy Treated?*

- Wash area with plain cool water as soon as possible
- Over-the-counter medications that may relieve the itching:
  - Hydrocortisone creams
  - Calamine lotion
  - Antihistamine tablets
  - Oatmeal baths
- Call your doctor if:
  - Fever over 100°F
  - Rash covers large areas of your body
  - Rash is in your eyes or mouth
  - Pus is coming from the blisters
  - Rash does not get better after a few days