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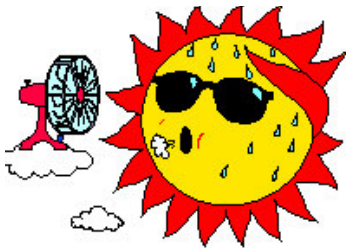
CONNECTION

JUNE 2003

Exposure to UV Radiation Hazards

The arrival of warmer weather also means that an increasing number of workers will be working outdoors and will be exposed to sunlight while doing so. Sunlight is the main source of harmful ultraviolet (UV) radiation, which can cause eye damage, premature aging of the skin, and skin cancers, such as melanoma.

Outdoor workers with fair skin and hair, freckles, or numerous or irregular moles are especially susceptible to sun damage.



Protection

Wear protective clothing that does not transmit visible light.

Frequently apply sunscreen with a **Sun Protection Factor of 15 or higher.**

Be aware of the signs and symptoms of skin cancers and see a health-care worker if an unusual skin change occurs.

WORKERS vs HEAT

Working in hot environments can be dangerous. Construction workers face conditions that make them especially vulnerable to safety and health hazards.

The combination of heat, humidity and physical labor can lead to fatalities.

Four environmental factors affect the amount of stress a work faces in a hot work area: temperature, humidity, radiant heat, and air velocity. Perhaps most important to the level of stress are personal characteristics such as: age, weight, fitness, medical condition and recent experience working in heat.

The two most serious forms of heat related illnesses, are heat exhaustion and heat stroke. Signs of heat exhaustion or heat stroke need immediate attention.

Heat Stroke, the most serious illness, is caused by the failure of the body's internal mechanism to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include mental confusion, delirium, loss of consciousness, a body temperature of 106+ degrees, hot dry skin which may be red, mottled or bluish.

Heat exhaustion results from the loss of fluid through sweating when a worker has failed to drink enough fluids or take in enough salt, or both. The worker still sweats but experiences extreme weakness or fatigue, giddiness, nausea or headache. The skin is clammy and moist, the complexion pale or flushed.

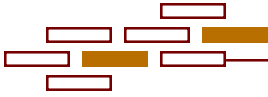
Heat cramps, painful spasms of the muscles are caused when workers quickly drink large quantities of water or an electrolyte solution (sports drink) during or immediately after performing work in the heat.

Workers should drink plenty of water - about 1 cup of cool water every 15 to 20 minutes, even if they are not thirsty - and to avoid alcohol, coffee, and caffeinated soft drinks that dehydrate the body.

Workers should wear lightweight, light-colored, loose fitting clothing.

Workers and supervisors should watch their fellow workers for early signs of heat related illnesses.







Enjoy A Safe Fourth of July


If you plan to celebrate the Fourth of July with your own backyard fireworks display, keep in mind the safety issues that go hand-in-hand with buying and using fireworks. They burn at approximately the same temperature as a household match and can cause major burn injuries and ignite clothing if used improperly.


Even if you live in a state where fireworks are permitted, before you purchase any fireworks you should check with your local police department to determine what types of fireworks can be legally discharged in your area.


The Consumer Product Safety Commission (CPSC) estimates that 7,000 people were treated for fireworks related injuries in 1998. That's why fireworks users need to be careful and practice the safety precautions below.


 Buy from reliable fireworks sellers.


 Never experiment or attempt to make your own fireworks, or use any make-your-own kits.


 Mixing and loading chemical powders is very dangerous and can kill or seriously injure you.


 Store fireworks in a cool, dry place, preferably in a closed box, away from any source of possible ignition.


 The fireworks shooter should always wear eye protection and never have any part of the body over the firework.


 Never smoke while handling fireworks.


 Do not handle or ignite any fireworks that aren't clearly labeled with the name of the item, the manufacturer's name, and instructions for proper use. If you are aware of anyone selling such devices, contact local police department.


 Ignite fireworks only when outdoors, at an arm's length away, away from homes and dry grass, and have water handy.


 Light one device at a time.


 Never fire rockets or other aerial fireworks over the heads of spectators.


 Do not shoot fireworks from metal or glass containers.


 Never attempt to reignite malfunctioning fireworks.


 Do not touch a dud firework for at least half an hour. Hold it well away from your face and soak it in a bucket of water.

 Never give fireworks or sparklers to small children. Close adult supervision of all fireworks activities is critical. Serious injury or death can be prevented.

 Do not carry fireworks in your pockets.

 Never throw fireworks at another person.

 Dispose of fireworks properly by soaking them in water and then disposing of them in your trash can.

 Do not use illegal fireworks or explosives.



Golden Gate Bridge

San Francisco's Golden Gate Bridge is no longer the world's longest suspension bridge, but it's definitely one of the most beautiful. The bridge was completed in 1937 at a cost of \$35 million - no small change during the Great Depression.

Eleven men lost their lives during its construction, an excellent safety record at the time when losing one man per one million spent on a project was the norm.

In today's construction world, eleven men killed on a job would hardly seem an excellent safety record.

Information about heat and sun hazards can be found on:

OSHA's Website

www.osha.gov

Centers for Disease Control and Prevention (CDC)

www.cdc.gov

National Institute for Occupational Safety and Health (NIOSH)
www.cdc.gov/niosh

Information on detecting, preventing, and treating skin cancer is also available on the CDC website.

We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, MI 49083. Also visit our website at: www.CLS-Skilledlabor.com