



WALSH Safety News



GOOD SAFETY HABITS

Loader operator used spotter and flagging vehicle to move heavy wide plate down the road.



BAD SAFETY HABITS

Worker with no sleeves in jobsite.

Driver all over the road while trying to eat lunch while moving.

Hazardous fluids on the ground on a job site.

Workers in a trench outside the trench box area.

Heat Related Illness

The summer months are some of the busiest times for our industry they also bring some of the greatest challenges to your health. As temperature soars and humidity increases your body will try to compensate by burning more calories and sweat out more water. It is important that you remain hydrated through out the day, drinking cool water not soda or anything with sugar. Ensure your drinking regularly not waiting until you're thirsty as this will be too late. You should drink eight ounces of water

Every 15-20 Minutes. During breaks, be sure you remain in the shade. Be sure to eat food regularly throughout the day even little snacks to help replenish your energy. Keep an eye out for your fellow workers for signs and symptoms of heat related illness such as dizziness, heat cramps, nausea, weakness in general mood change. If you noticed a worker that might be suffering from heat related illness tell your supervisor at once to ensure that the worker is treated immediately.

Heat related illness can be extremely dangerous if not treated immediately. If you feel like you have a heat related illness do not chug water, get to a cool air-conditioned place preferably a place or you can lie down with your feet up. And ensure you tell somebody where you're going and why so you can be monitored. Supervisors may need to call 911 for workers suffering severe heat illness.

Preventing Heat Illness

Preventing heat related illness is something you can do with little to no help. Bring plenty of drinking water to work, be sure to drink it regularly and ensure that you stay hydrated

When not working move to. Shaded area with a place to sit in the cooler earth. Be sure to eat throughout the day, don't skip meals as your body need food to keep

Your energy up. Wear a scarf or du-rag to keep the sun off your exposed body.