

TAILGATE SAFETY



The FGI believes it is important to always put safety first.

Our **Tailgate Safety Program** is a safety training resource for construction and other high hazard industries. Print out and conduct training right from your tailgate on the job site, or in a formal meeting at your office.

Safety training for the job site & the office!

Heat Stress - 06/01/2020 - Carl Flierer of Canadian General Tower

CONDITION	CAUSE	SYMPTOMS	TREATMENT	PREVENTION
Heat Rash	Hot, humid environment; plugged sweat glands	Red bumpy rash with severe itching	Remove wet clothing. Rinse skin with cool water or wash the area. Change into dry clothes.	Wash regularly to keep skin clean and dry. Change wet clothing and underclothing. Wear "quick dry" clothing.
Heat Cramps	Heavy sweating drains a person's body of electrolytes, which cannot be replaced just by drinking water.	Painful cramps in arms, legs or stomach which occur suddenly during or after exposure. Cramps need to be taken seriously because they can be a warning sign to other heat-induced impacts.	Move to a cool area, loosen clothing, and drink cool fluid replacement beverages containing electrolytes. If cramps are severe or do not go away, seek medical treatment.	Drink cool fluid replacement beverages containing electrolytes and water regularly throughout exposure to heat.
Fainting	Not enough blood flowing to the head, causing loss of consciousness.	Sudden fainting after at least two hours of work, cool moist skin, weak pulse.	Fainting may be due to a heart attack or other illness. GET MEDICAL ATTENTION. Assess need for CPR. Move to a cool area; loosen clothing; make person lie down and if the person is conscious, offer sips of cool water.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms which often precede heat stroke.
Heat Exhaustion	Inadequate electrolyte and water intake cause the body's cooling system to start to break down.	Heavy sweating; cool, moist skin; body temperature over 38C; weak pulse; normal or low blood pressure; person is tired, weak, clumsy, upset or confused; person is very thirsty or is panting or breathing rapidly; vision may be blurred.	GET MEDICAL AID. This condition can lead to heat stroke, which can kill. Move the person to a cool shaded area; loosen or remove excess clothing; provide cool water to drink (containing electrolytes if possible); fan and spray with cool water.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms which often precede heat stroke.
Heat Stroke	When the body has used up its available water and electrolyte supply, it will stop sweating. This can cause body temperature to rise.	High body temperature (over 40C) and any one of the following: the person is weak, confused, upset or acting strangely; has hot, dry, red skin; a faint pulse; a headache or dizziness; in later stages, a person may pass out and have convulsions.	CALL AMBULANCE. This condition can kill a person quickly; remove excess clothing; fan and spray the person with cool water; offer sips of cool water if the person is conscious.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms which often precede heat stroke.

Watch for the above signs & symptoms of heat related illnesses

Working in a hot environment for long periods of time puts stress on the body's cooling system which may lead to adverse health effects. Understanding these effects, the signs and symptoms, and how to respond to minimize the impact is important for everyone. When heat exposure is combined with other factors such as humidity, physical activity, and loss of fluids the impact is magnified.

Learn how to protect yourself from heat related illnesses



Safety tips are presented monthly by FGI members & industry experts.

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