

NDSU UPPER GREAT PLAINS
TRANSPORTATION INSTITUTE



NDLTAP “Safety Switch” Webinar

NDSU

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TRANSPORTATION INSTITUTE
NORTH DAKOTA LOCAL TECHNICAL ASSISTANCE PROGRAM

NORTH
Dakota | Transportation
Be Legendary.™



U.S. Department of Transportation
Federal Highway Administration

Microsoft Teams

Time Elapsed

00:20

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Meeting Chat

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Camera

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unmute**

More Actions

Participants

Safety Tailgate Talks

It May Save a Life



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What's Great About NDLTAP Safety Talks?

Emailed Monthly

Printable

Can be your
monthly Safety
Meeting

Archived on
NDLTAP Website

Poll Question

<https://www.menti.com/kvxdzpi24t>

July Safety Talk



NDLTAP Safety Talk - Heat Stress Safety

[Click here to read and print the July Safety Talk](#)

[Click here to learn how to conduct your own safety tailgate talk](#)

Contact NDLTAP today with questions regarding the Safety Tailgate Talks or contact us to schedule one with your entity.

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701-328-9855

SAFETY TALK

UPPER GREAT PLAINS TRANSPORTATION INSTITUTE • NORTH SOUTH LOCAL TECHNICAL ASSISTANCE PROGRAM

Heat Stress Safety

This Safety Talk is written using information provided by the Occupational Safety and Health Administration (OSHA), Cornell University, and the Ohio State University Agricultural Extension.

Heat stress is a buildup of body heat generated either internally by muscle use or externally by the environment. Heat exhaustion and heat stroke result when the body is overwhelmed by heat. As the heat increases, body temperature and the heart rate rise painlessly. An increase in body temperature of two degrees Fahrenheit can affect mental functioning. A five degree Fahrenheit increase can result in serious illness or death. During hot weather, heat illness may be an underlying cause of other types of injuries, such as heart attacks, falls and equipment accidents. The most serious heat-related illness is heat stroke. The symptoms are confusion, irrational behavior, convulsions, coma, and death. While over 20% of heat stroke victims die regardless of health or age, children seem to be more susceptible to heat strain than adults. In some cases, the side effects of heat stroke can be varying degrees of brain and kidney damage.

SYMPTOMS OF HEAT EXHAUSTION

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

SYMPTOMS OF HEAT STROKE

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

TO PREVENT HEAT ILLNESS

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide cool water to workers close to the work area. At least one pint of water per hour.
- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Have a responsible person to monitor conditions and protect workers at risk of heat stress.
- Consider protective clothing that provides cooling.

HOW TO PROTECT WORKERS

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.

WHAT TO DO WHEN A WORKER IS ILL FROM THE HEAT

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.

Users of this safety talk are advised to determine the suitability of the information as it applies to local situations and work practices and its conformance with applicable laws and regulations.

Resources and References:

OSHA-NIOSH Heat Safety Tool App:

The Heat Safety Tool is a useful resource for planning outdoor work activities based on how hot it feels throughout the day. Featuring real-time heat index and hourly forecasts, specific to your location, as well as occupational safety and health recommendations from OSHA and NIOSH. <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html> OSHA Heat Safety Webpage <https://www.osha.gov/SLTC/heatstress/>

OSHA Heat Safety Webpage

<https://www.osha.gov/SLTC/heatstress/>

SAFETY TALK

NORTH DAKOTA STATE UNIVERSITY • UPPER GREAT PLAINS TRANSPORTATION INSTITUTE • NORTH DAKOTA LOCAL TECHNICAL ASSISTANCE PROGRAM

HEAT EXHAUSTION

-  Faint Or Dizzy
-  Excessive Sweating
-  Cool, Pale, Clammy Palms
-  Nausea or Vomiting
-  Rapid, Weak Pulse
-  Muscle Cramps

TREATMENT OPTIONS

Get to a cooler, air conditioned area
 Drink water if fully conscious
 take a cool shower
 use a cool Compress

HEAT STROKE

-  Throbbing Headache
-  Sweating Stops
-  Temperature Over 103 deg.
-  Nausea or Vomiting
-  Rapid, Strong Pulse
-  Loss of Consciousness

CALL 9-1-1 Immediately

Reduce Temperature Until
 Emergency Services Arrive



STAY SAFE
DRINK WATER
TAKE A BREAK
AVOID PEAK TEMPS
WORK IN TEAMS
WEAR SUNSCREEN

Safety Talk Sign-in Sheet Topic: Heat Stress Safety

Agency: _____

Crew: _____

Supervisor/Talk Leader: _____

Date: _____

| Print Name | Signature |
|------------|-----------|
| 1. _____ | _____ |
| 2. _____ | _____ |
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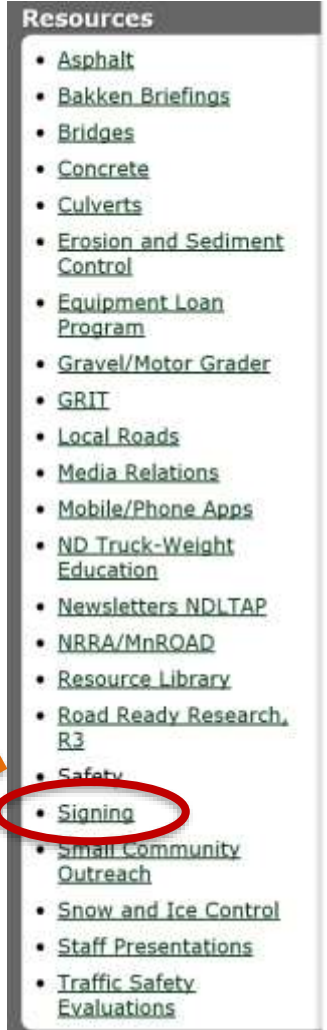
Monthly Safety Meeting



Poll Question

<https://www.menti.com/kvxdzpi24t>

Safety Talk Topics Right at Your Finger Tips



NORTH DAKOTA LOCAL
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**NDLTAP
Safety**

Safety Talk

Working Along the Roadway *(PDF, 258K)*

Mar 2020 – First and foremost – BE VISIBLE.

Wear bright, high-visibility clothing, meeting ANSI standards. Look for hazards. Always survey the work area for potential hazards. Besides the traffic, what's out there?



Previous Articles

- [TP-Alcohol Survival Heater](#) *(PDF, 830K)*
- [Staying Fit for Snowfighting](#) *(PDF, 442K)*
- [High-Visibility Safety Apparel](#) *(PDF, 760K)*
- [View Archives](#)

Related Resources

- [ARTBA – COVID-19 Working Safe in Construction](#)
- [NLTAPA Tailgate Talks](#)

NDLTAP Safety Talk

Safety Talk is a series of safety topics that can be used for safety meetings or distributed to employees for their information.

Articles

Working Along the Roadway (PDF, 258K)

Mar 2020 – First and foremost - BE VISIBLE. Wear bright, high-visibility clothing, meeting ANSI standards. Look for hazards. Always survey the work area for potential hazards. Besides the traffic, what's out there?

TP-Alcohol Survival Heater (PDF, 830K)

Nov 2018 – Knead the toilet paper in your hands to loosen the inner cardboard core. Remove the core, compress the roll and place inside the coffee can. Pour one bottle of rubbing alcohol into the can, let it soak in and carefully light the top of the paper. It should burn with a clean flame.

Staying Fit for Snowfighting (PDF, 442K)

Oct 2018 – With winter weather comes snow fighting and with snow fighting comes fatigue. Unpredictable weather can lead to long difficult hours on the road with few breaks and little sleep. However, there are several things agencies and drivers can do to make sure crews are in good shape to combat Old Man Winter...

High-Visibility Safety Apparel (PDF, 760K)

May 2018 – The need to be seen is critical for worker safety. Low visibility is a serious hazard for all workers who perform work tasks near moving traffic.

Falling Hazard - Ice & Snow (PDF, 678K)

Feb 2018 – When snow falls, so do people. One of the most threatening winter hazards comes from snow and ice, which increases the potential to slip and fall. These falls can result in serious injuries including lacerations, broken bones, and even traumatic brain injuries.

SAFETY TALK

HIGH-VISIBILITY SAFETY APPAREL

The need to be seen is critical for worker safety. Low visibility is a serious hazard for all workers who perform work tasks near moving traffic. According to the Federal Highway Administration (FHWA) Worker Visibility Final Rule: "All workers within the right-of-way of a Federal-aid highway who are exposed either to traffic (vehicles using the highway for purposes of travel) or to construction equipment within the work area shall wear high-visibility safety apparel."

High-Visibility Safety Apparel (HVSA) is defined as any garment meeting the American National Standards Institute (ANSI) 107-2015 Class 2 or 3 standard. The previous HVSA minimum standard was ANSI 107-2004. Check with your local safety officer for the updated version of this standard, however, all HVSA should be updated to the newest standard.

In order to verify your HVSA meets the standard, check the label. The label must clearly show the Type and Performance Class, as well as other information about the garment. See below for sample label.



The updated 2015 edition combined ANSI/ISEA 107 with ANSI/ISEA 207 (high-visibility vests) for simplification; users can now easily select garments for a particular application. Garment Types based on work environment have been added: **Type O (Off-road)**, **Type R (Roadway)**, and **Type P (Public Safety)**. Type O corresponds with Performance Class 1 and Types R and P can be either Performance Class 2 or Performance Class 3. To accommodate for smaller-size workers,

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Related Resources

- [ARTBA – COVID-19 Working Safe in Construction](#)
- [NDLTAPA Tailgate Talks](#)

Poll Question

<https://www.menti.com/kvxdzpi24t>



How to Give a Tailgate Talk

- How to Give a Tailgate Talk
- Tailgate Talks How To

Tailgate Talk Topics

- Attitude and Behavior
- Backing Safety
- Backing Trouble
- Bee Sting
- Berm Maintenance
- Blood Safety
- Body Heat
- Brush Chippers
- Brush Vegetation
- CDL-Required Inspections
- Carbon Monoxide Safety
- Chainsaw Reminder
- Chainsaw Safety
- Chainsaw Safety Red Cross
- Chipper Injuries
- Cold Weather Driving
- Cold Weather Precautions
- Cold Weather Slips
- Compressed Air Safety
- Computer Mouse
- Confined Space Killers are Invisible and
- Ladder Safety
 - Ladder Safety Checklist Handout
 - Ladder Safety Handout
 - Ladder Safety Instructions
 - Ladder Safety Sign-In Sheet
 - OSHA Fact Sheet: Extension Ladder
 - OSHA Fact Sheet: Step Ladder
 - OSHA Falling Off Ladders Can Kill
 - OSHA Quick Card Portable Ladder
- Lightning Safety
- Lyme Disease
- Motor Grader Safety Checklist
- Mower Safety
- Portable Generator
- Prepare Your Home For Winter Weather
- Prevent Poison Ivy
- Read The Signs
- Riding Mower Safety
- Right-of-Way Mowing
- Roadside Mowing Tips
- Safe Installation of Drainage Pipe

8 Best Practices for Safety Tailgate Meetings

Keep them brief. 10-15 minutes is an ideal amount of time for a tailgate talk

Keep them specific. Address specific hazards or safe workplace practices

Draw on experience of employees and utilize that experience to remind them of dangers of particular construction processes, tools, equipment and materials

Best Practices for Safety Tailgate Meetings

Always give workers an opportunity to ask questions at the end of the meeting, be respectful of their questions.

Informal and on a regular schedule.

Keep a short record of what topic was discussed and who attended

Best Practices for Safety Tailgate Meetings

Practice what you preach. Always set a good example for workers.

Remember to always just KISS
(Keep it Simple for Safety)

Poll Question

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Resources

- www.ndltap.org
- www.nltapa.org
- "Everyday Safety" series can be found at OSHA Toolbox Talks: <https://www.oshatraining.com/Toolbox-Talks.php>

SAFETY

Is EVERYONE'S

responsibility

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