



July Safety Info

Heat Index & Hydration

Wild Kingdom: Insect, reptile, critter, avian, etc.

Defensive Driving – Summer Version - Road Rage

Hurricane Season & Tree Hazard

NEW OSHA MANTRA: 'WATER – REST – SHADE'



- Stay properly hydrated. Water, lemonade, certain other supplements
- Avoid the Red Bull, Monster, etc. Sugar & Water Junk. NO soda!
- In high heat & humidity, be mindful of your general body functions: solid & liquid intake, sleep interval, and other metabolics.
- Don't try & push it. Each person handles HEAT differently. Take a break in shaded area if needed.
- Dress code can impact the body heat load. Torso, neck, head should be 'ventilated' as much as possible to allow evaporative cooling.
- A tight fitting Tee Shirt is basically wrapping the heat into the body interior.
- If you need to wear high viz, consider a mesh vest or alternate.
- Certain applications: cooling bandana; cooling vest; nape protector on hard hat; hard hat sun visor, etc.
- Engineered garment & fabric improvements offer SPF, insect & UV protection

‘WILD KINGDOM’ & ANY FIELD OPERATIONS

“THERE ARE OVER 800,000 SPECIES OF INSECTS...” WIKI

- “They got here first”... we are basically invading the turf of whatever is on the property.
- **Identify the most likely inhabitants on the Take 2**; plan from there
- Reliable pests include: BEES-hornets-wasps; mosquitoes; ticks, poison plants, reptiles, spiders, birds, rodents, etc.
- PPE can help in some cases, but there may be a tradeoff with high heat index. Do the calculus & make a conservative decision.
- Link to NIOSH tips for hornet & wasp avoidance:
<https://www.cdc.gov/niosh/topics/insects/beeswasphornets.html>
- This advisory includes some interesting observations from their etymologists
- Use repellent as directed; reapply as needed; CO2 attracts the bugs. No perfume or cologne, etc. Carry hornet / wasp spray; ice pack if stung
- Multiple stings: may need an ER visit. Allergic reaction: call 911
- **Report all incidents** to your supervisor, Project Manager upon occurrence

DEFENSIVE DRIVING – NUCLEAR SUMMER

- **Road Rage** incidents SPIKE – back off, use courtesy; yield ROW to others, aggressive drivers. Poor lane discipline causes a lot of rage incidents
- **Tires** will heat up: our TG truck fleet can usually handle this easily (TY to M. Spede!) but check your family van/SUV/etc. TP & tread-wear are main elements
- JUNK on the roadway: tractor trailer tires tend to EXPLODE more in high heat. Stay well away from large vehicles.
- Next month: mattresses & furniture will line the roads when school reopens
- **Daytime Running Lights** (DRL's): these help identify your vehicle in all lighting conditions.
- In high GLARE conditions, remember that you may be INVISIBLE to other drivers.
- Be mindful of SUNGLASSES: avoid over-use of tinted lens. The human eye is light seeking. This is why DRL's are effective.

HURRICANE SEASON & TREE HAZARDS

- **LOOK at the trees closely** for signs of distress- use binoculars if needed
- Hazards include: distorted canopy, tilted trunk, root ball displacement, hung up limbs, split trunks, lightning damage, displaced critters & nests, vine entanglement, etc. etc.
- Link to US Forest Service- Hazard Tree Evaluation Guide:
- <https://suddenvalley.com/wp-content/uploads/Hazard%20Tree%20Evaluation%20Tatum%20Guide%202015.pdf>
- Take NO chances: wind gusts may dislodge leaners or hung up wood. Stay in protected area or avoid entirely.
- Post-storm — wind & rain — obviously is when trees are more susceptible.

