



## BEATING THE HEAT: HAZARDOUS EXPOSURE & PREVENTION

### Extreme Heat Exposure

The dog days of summer are upon us! As temperatures and humidity rise, it is important to remember to stay hydrated, take breaks and cool down. This may seem like common knowledge for anyone who is outdoors for summer activities, but it's especially important for people who work outdoors. People who work outdoors during the summer may be exposed to heat and humidity during their entire workday. In some cases, workers perform high-exertion work activities in personal protective equipment (PPE), increasing body heat production and retention.

Employers put workers at serious risk for potential illness or injury if they don't regularly provide workers to scheduled breaks and access to water. It's also important for employers to ensure that workers have fully completed an acclimation process (period of adjustment) to high heat conditions.

**"Most outdoor fatalities, 50% to 70%, occur in the first few days of working in warm or hot environments."** -OSHA

By implementing a heat illness prevention plan, employers can greatly reduce the potentially fatal risks of hazardous heat exposure. Anyone who works in high heat conditions, whether outdoor or indoor, are at potential risk for heat illness and injury. In addition to high outdoor temperatures, people who work in unventilated trucks, kitchens and warehouses may be at risk.

To learn more about types of heat illnesses, symptoms of heat illness and first aid, as well as what employers should do to reduce or prevent potential risk, **Check out our fact sheet:** <https://tinyurl.com/CSEA-OSH-Heat-Stress>

### Rising Heat Injury & Illness Cases: OSHA's Response

While there is no current federal OSHA or state Public Employee Safety and Health (PESH) regulation concerning heat illnesses, OSHA is gathering information for the development of a federal heat standard. In April, OSHA launched a National Emphasis Program (NEP) to protect workers against heat injuries and illnesses. On-site inspections targeting more than 70 high-risk industries in indoor and outdoor work settings nationwide will be conducted and assessed.

**Find more information & resources on OSHA's heat illness prevention webpage:** [www.osha.gov/heat](http://www.osha.gov/heat)

**To learn more about OSHA standards related to heat exposure, visit** [www.osha.gov/heat-exposure/standards](http://www.osha.gov/heat-exposure/standards)

### OSHA-NIOSH Heat Safety Tool App

"The OSHA-NIOSH Heat Safety Tool is a useful resource for planning outdoor work activities based on how hot it feels throughout the day. [The app features] real-time heat index and hourly forecasts, specific to your location, as well as occupational safety and health recommendations from OSHA and NIOSH." – Centers for Disease Control & Prevention (CDC)

**Learn more about the app and download it to your mobile device:** <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

## ANNOUNCEMENTS

### Help Rebuild CSEA's Safety Network!

Download or print this newsletter in bulletin format to post in your workplace: [cseany.org/safetynet](http://cseany.org/safetynet)

### Monthly Subscriber Prize Drawing

August winners have been drawn! To claim your prize, you must respond to the confirmation email by the end of the month.

## DID YOU KNOW?

**Environmental heat is likely responsible for 170,000 work-related illnesses and injuries annually, as well as between 600 to 2,000 worker deaths?** (*Public Citizens Report, published June 28, 2022*)

**Eighteen (18) of the past 19 summers were recorded as the hottest summers on record?** (*U.S. Occupational Safety and Health Administration (OSHA)*)

## TRENCHING COLLAPSE FATALITIES: A NATIONAL EPIDEMIC

In the first half of 2022 alone, 22 workers have been killed in trench collapses, exceeding 2021's total of 15 workers. This year's total to date exceeds last year's total number of workers lost by 68%, as well as both 2019 and 2020's annual totals combined.

OSHA recently issued a press release announcing its plan to launch an enhanced enforcement initiative that will expand upon the already existing National Emphasis Programs (NEPs) for trenches and excavations in response to the recent increase in trenching collapse fatalities.

According to OSHA, one cubic yard of soil can weigh as much as 3,000 lbs., equal to that of a small car. Due to the varying composite material in soil, trench collapses and cave-ins can result in severe injuries and death – even in trenches less than 9 feet deep.

**To learn more about trenching and excavation, competent person responsibilities and inspection requirements, check out our fact sheet:** <https://tinyurl.com/CSEA-OSH-Trenching>

**CSEA's Occupational Safety and Health Department also provides training on Trenching & Excavation. Contact your OSH Specialist to find out more.**

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Share this newsletter with them and have them scan this QR code to subscribe.



→ SEE PAGE 2 FOR MORE! ←

## MEMBER RESOURCES

### Materials & Trainings

To view/download our A-Z list of fact sheets and other materials: [cseany.org/safety-resources](https://cseany.org/safety-resources)

For more information on trainings: [cseany.org/member-resources](https://cseany.org/member-resources)

Access content from this year's conference: On-demand webinars, plenary sessions, and workshop materials available to all at [cseany.org/safety-conference-2022](https://cseany.org/safety-conference-2022)

### OSH Training: Civilian Response to Active Shooter Events (CRASE)

Mass shooting are increasing every year in the United States. In 2020, there were 611 shootings. In 2021, there were 692 shootings. To date in 2022, there have been 369 shootings. May, June, and July are typically the months with the highest rates of mass shootings. - Gun Violence Archive

This training course, rooted in the 'run, hide, fight' method, will go into further depth on ways people can protect themselves and others and respond correctly in the event they are in an active shooter situation. This workshop will include emotional testimonies and case studies from victims of previous active shooter incidents.

Watch and share this webinar at your convenience, available 24/7: <https://tinyurl.com/CRASE-webinar>

## MEMBER SPOTLIGHT

Share your story, meme, or photo for chance to be featured in the Safety Net Newsletter!

Submissions can be emailed to [bernadette.foley@cseainc.org](mailto:bernadette.foley@cseainc.org). \*All participants will receive a prize for submitting their content.\*

## "DEAR BERNIE" ADVICE COLUMN

Write to "Dear Bernie" with your questions or concerns relating to workplace safety and health, and receive advice from our OSH professionals!

Submissions can be emailed to [bernadette.foley@cseainc.org](mailto:bernadette.foley@cseainc.org) and will be published anonymously in the following edition. \*All participants receive a prize for submitting their content.\*

### CSEA Occupational Safety & Health Specialists

CSEA Occupational Safety & Health (OSH) Specialists can provide training, technical assistance, labor-management services, and even help establish a safety and health committee in your workplace.

Contact your OSH Specialist: [cseany.org/member-support](https://cseany.org/member-support)

### Clean Up Safety Mobile App

The app is full of great information for anyone engaged in any sanitation or cleanup operations. The information can also help you at home to help keep you and your family safe!

Find more info/download: [cseany.org/clean-up-safety](https://cseany.org/clean-up-safety)

### CSEA's Occupational Safety & Health Activist's Guide to Safety in the Workplace

This guide is full of great information and resources designed to directly assist safety activists in the field. Whether you are looking for inspection checklists, sample letters to request safety and health information, or information on how to make the best arguments to gain safety improvements at your workplace, you can refer to the Activist's Guide.

View or download by visiting [cseany.org/safety](https://cseany.org/safety) or contact CSEA's Occupational Safety and Health Department to order print copies.

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