



SAFETY TIP OF THE WEEK

FOR THE CONSTRUCTION INDUSTRY



Company _____ Date _____

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly **Bulletin**. The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning. We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break. You can then emphasize the SAFETY TIP OF THE WEEK all week long.

Extreme Heat Safety – What Should You Do Before Extreme Heat Occurs?

Week Ending 5/24/2024

Learn How to Stay Hydrated

You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone’s needs may vary.

- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary, caffeinated, and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.

Gather Emergency Supplies

Gather food, water, and medicine. Stores might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. In the event of a power outage, you may lose access to clean drinking water. Set aside at least one gallon of drinking water per person per day. Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

- **Go-Kit:** at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.).
- **Stay-at-Home Kit:** at least two weeks of supplies.
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
- Keep personal, financial, and medical records safe and easy to access (hard copies or securely backed up).

Consider keeping a list of your medications and dosages on a small card to carry with you.

Make a Plan to Stay Cool

Do not rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may not prevent heat-related illness. Taking a cool shower or bath or

moving to an air-conditioned place is a much better way to cool off.

- Spending a few hours each day in air conditioning can help prevent heat illness.
 - If you have air conditioning, be sure that it is in working order.
 - If you do not have air conditioning or if there is a power outage, find locations where you can stay cool. For example, a public library, shopping mall, or a public cooling center. Plan how you will get there.
 - Additional resources may be available from local government or community groups.
 - Make sure you have plenty of lightweight, loose clothing to wear.
 - Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe.

Learn Emergency Skills

- Learn how to recognize and respond to heat illness.
- Learn First Aid and CPR.
- Be ready to live without power. Utilities may be offline. Be ready to live without power, gas, and water. Plan for your electrical needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power.

Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio during a power outage.
- Understand the types of alerts you may receive and plan to respond when you receive them:
 - A WATCH means **Be Prepared!**
 - A WARNING means **Take Action!**

Special Topics for this Job: _____

MSDS # _____ Reviewed – Title: _____

Present at Meeting:

Supervisor’s Signature: _____

Note: These SAFETY TIPS OF THE WEEK are to help members provide a safe workplace and to instruct employees in ways to prevent accidents. Ensure you record the names of those who attend your safety meetings and file this form with your permanent accident prevention records.



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Seguridad contra el calor extremo: ¿qué debe hacer antes de que ocurra el calor extremo?

Week Ending 5/24/2024

Aprenda a mantenerse hidratado

Es necesario beber suficiente agua para prevenir las enfermedades causadas por el calor. Una persona promedio necesita beber alrededor de 3/4 de galón de agua al día. Las necesidades de cada persona pueden variar.

- Puede comprobar que está recibiendo suficiente agua anotando el color de su orina. El amarillo oscuro puede indicar que no está bebiendo lo suficiente.
- Evite las bebidas azucaradas, con cafeína y alcohólicas.
- Si sudas mucho, combina agua con bocadillos o una bebida deportiva para reemplazar la sal y los minerales que pierdes con el sudor.
- Hable con su médico sobre cómo prepararse si tiene una afección médica o está tomando medicamentos.

- Tenga un suministro de medicamentos para 1 mes en un recipiente a prueba de niños y suministros o equipos médicos.
- Mantenga los registros personales, financieros y médicos seguros y de fácil acceso (copias impresas o copias de seguridad seguras).

Considere la posibilidad de llevar una lista de sus medicamentos y dosis en una tarjeta pequeña para llevarla consigo.

Haz un plan para mantenerte fresco

No confíe solo en los ventiladores eléctricos durante el calor extremo. Cuando las temperaturas están en los 90 grados, es posible que los ventiladores no prevengan las enfermedades relacionadas con el calor. Tomar una ducha o un baño frío o mudarse a un lugar con aire acondicionado es una manera mucho mejor de refrescarse.

- Pasar unas horas al día en el aire acondicionado puede ayudar a prevenir las enfermedades causadas por el calor.
 - Si tiene aire acondicionado, asegúrese de que esté en buen estado.
 - Si no tiene aire acondicionado o si hay un corte de energía, busque lugares donde pueda mantenerse fresco. Por ejemplo, una biblioteca pública, un centro comercial o un centro de enfriamiento público. Planifica cómo llegarás allí.
 - Es posible que haya recursos adicionales disponibles del gobierno local o de grupos comunitarios.
 - Asegúrate de tener suficiente ropa liviana y holgada para usar.

Reúna suministros de emergencia

Reúna alimentos, agua y medicinas. Es posible que las tiendas estén cerradas. Organice los suministros en un kit de viaje y un kit para quedarse en casa. En caso de un corte de energía, puede perder el acceso a agua potable limpia. Reserve al menos un galón de agua potable por persona por día. Considere la posibilidad de añadir bebidas con electrolitos. Incluye protector solar y sombreros de ala ancha.

- **Go-Kit:** al menos tres días de suministros que puedes llevar contigo. Incluya baterías de respaldo y cargadores para sus dispositivos (teléfono celular, CPAP, silla de ruedas, etc.).
- **Kit para quedarse en casa:** al menos dos semanas de suministros.

Special Topics for this Job: _____

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- Cree un equipo de apoyo de personas a las que pueda ayudar y que puedan ayudarlo. Comunícate con ellos con frecuencia para asegurarte de que todos estén a salvo.

Aprenda habilidades de emergencia

- Aprenda a reconocer y responder a las enfermedades causadas por el calor.
- Aprende primeros auxilios y RCP.
- Prepárate para vivir sin electricidad. Es posible que los servicios públicos estén fuera de línea. Prepárate para vivir sin electricidad, gas ni agua. Planifique sus necesidades eléctricas, incluidos los teléfonos celulares y el equipo médico. Hable con su médico. Planifique la energía de respaldo.

Planifique para mantenerse conectado

- Regístrese para recibir alertas de emergencia gratuitas de su gobierno local.
- Planee monitorear el clima y las noticias locales.
- Tenga una batería de respaldo o una forma de cargar su teléfono celular.
- Tenga una radio que funcione con baterías durante un corte de energía.
- Comprenda los tipos de alertas que puede recibir y planee responder cuando las reciba:
 - Un RELOJ significa ¡Prepárate!
 - Una ADVERTENCIA significa ¡Actúa!