



Outdoor Hazards



Environmental Health & Safety



Grim Reality



- Thousands of workers are killed annually working outdoors
- Accidents include:
 - Falls
 - Heat stroke or hypothermia
 - Electrocution
 - Vehicle collisions





Fall Hazards



- Improper use of or no fall protection is the #1 culprit
- Fall protection may be required from 6 feet up
- Fall protection:
 - “Tying off” or
 - Guardrails (on scaffolds, roofs, etc.)
- Fall protection isn’t a choice– it’s a requirement!



Ladder Injuries



- Dozens of fatal work falls occur yearly from ladders
- Always follow the 4:1 rule when setting up a ladder
 - The base of the ladder should be placed so that it is one foot away from the building for every four feet of height to where the ladder rests against the building.
- Stick to the 3-point rule also:
 - 1 hand and both feet always on the ladder, or
 - 2 hands and one foot

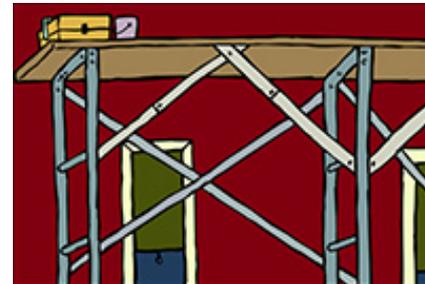




Scaffolding Injuries



- 3 Common Hazards:
 - Missing ladders
 - Loose or missing guardrails
 - Unsecured scaffolding
- “Competent” supervisor must keep watch
- Falls have been the #1 OSHA citation for the past decade!





Heat Exhaustion

- Recognize signs of heat exhaustion: heavy sweating, pale skin, cramps, dizziness, headache, vomiting, and fainting
- If you suspect heat exhaustion
 - Get out of the sun
 - Drink cool water
 - Rest, and
 - Cool the skin with a wet towel
- Wear light-colored, lightweight clothing

BEAT THE HEAT: Extreme Heat
Heat related deaths are preventable

WHAT:
Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:
More males than females are affected.
Children, Older adults, Outside workers

WHERE:
Houses with little to no AC, Construction work sites, Cars

HOW to AVOID:
Stay hydrated with water, avoid sugary beverages, Stay cool in an air conditioned area, Wear light-weight, light colored, loose fitting clothes

During extreme heat the temperature in your car could be deadly!

Outside Temperature 90°	Inside 109°	Inside 118°	Inside 123°
	Time Elapsed: 20 minutes	Time Elapsed: 40 minutes	Time Elapsed: 60 minutes



Heat Stroke

6 SIGNS OF HEAT STROKE



Not sweating (dehydrated)



Dry, hot, red skin



Dizziness, headache



Incoherence,
unconsciousness



Nausea, vomiting



Fast, strong pulse

- Can be fatal
- Warning signs:
 - No sweating
 - Headache, nausea
 - Dizziness
- Call 911, then get victim fluids



Frostbite and Hypothermia

- Frostbite can damage fingers, ears, etc.
- Get indoors, call 911
- Hypothermia's warning signs are:
 - Uncontrollable shivering
 - Dark, puffy skin
 - Confusion before unconsciousness





Extreme Weather

- Pay attention to weather reports, plan accordingly
- Thunder signals how close lightning is
- If you're not near a building:
 - Get inside a car
 - Take off your tool belt
 - Don't lay on the ground
 - Come down from ladder, roof, etc.
 - Move away from trees, water





Overhead Power Lines

- Rule of thumb: Never come within 10 feet of an overhead power line
- Get assurance that line is de-energized
- Only use non-conductive ladders working near power lines





Underground Power Lines

Call local utility

Use round or blunt tools digging near lines

Always keep 2 feet away from line

Take necessary steps to protect line



Roadside Hazards



- Anyone who works roadside is at risk and should take precautions
- Protect yourself by:
 - Wearing bright colored vest
 - Working in pairs or groups
 - Setting up cones, flags to signal drivers
 - Work during daylight if possible





Summary



- Always take outdoor hazards into consideration when planning jobs
- Physical and weather hazards can kill
- Fall Protection isn't a choice– it's a requirement
- Always communicate with co-workers. It's a team effort!