



# SAFETY ALERT # 13



Week of June 12<sup>th</sup>, 2006

*In the interest of keeping everyone safe CAMSAFETY will be sharing injury information with preliminary root cause analysis. This information is intended to make you think not assess blame. If you have an incident that you would like to share send us the information and we will pass it along.*

## *Tis the Season!!!*

### What Happened

#### *Construction Worker Rescued After Heat Stroke*

*(CBS4) AURORA, Colo. Aurora firefighters rescued a construction worker in Aurora after he suffered an apparent heat stroke. The 49-year-old man was rescued from the site in the 12000 block of E. 19th Avenue on Friday afternoon. A construction crane on scene was used to move the patient from the second floor to the ground. Thirteen firefighters helped stabilize, remove and transport the man to the hospital. (© MMVI CBS Television Stations, Inc.)*

Heat is a serious hazard in construction. Your body builds up heat when you work and then sweats to get rid of extra heat. But sometimes your body may not cool off fast enough. This can happen, say, if you are up on a roof pouring hot asphalt or you are lifting heavy loads. Too much heat can make you tired, hurt your job performance, and increase your chance of injury.

### What you can do (here's just a few, check the links below for more.)

- Wear loose fitting, light colored, porous clothing which allows free air circulation over the body. Taking off your shirt only makes it worse.
- Wear a well-ventilated broad brimmed hat
- Drink cool, electrolyte replacement fluids in moderate amounts frequently before, during and after the heat stress.
- If you are working with a group, check those around you frequently for the early signs and symptoms of heat stress. Get anyone who complains of feeling hot, appears disoriented, has a flushed face covered with sweat, appears irritable or seems either to stagger or be physically unstable to a shaded, cool and well ventilated area.

### Helpful Websites

<http://www.cdc.gov/elcosh/docs/d0100/d000024/d000024.html>

<http://www.cpwr.com/hazpdfs/hazheat.pdf>

<http://www.osha.gov/Publications/OSHA3154.pdf>

[http://www.michigan.gov/documents/cis\\_wsh\\_cet5964\\_90300\\_7.doc](http://www.michigan.gov/documents/cis_wsh_cet5964_90300_7.doc)

<http://www.osha.gov/SLTC/heatstress/recognition.html>

---

**Joe Forgue ARM, ASP**

**Manager of Education and Safety Services**

**CONSTRUCTION ASSOCIATION OF MICHIGAN (CAM)**

**(248) 972-1141 direct**

**[forgue@cam-online.com](mailto:forgue@cam-online.com)**

---