

# SCF Arizona

A Safety Newsgram for Association and Chamber Executives

# Safety Pays



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Well the triple-digit temperatures soon will be an everyday occurrence. Whether you're hiking an Arizona mountain trail, doing yard work, playing ball or working outside, you should take some precautions to protect yourselves from heat exposure.

The three main illnesses related to heat exposure are heat stroke, heat exhaustion and heat cramps. Because they require different treatments, you should learn to tell them apart.

An individual suffering from heat stroke experiences flushed, dry skin; a rapid heartbeat; loud, rapid breathing; and a high body temperature – usually 105° F or more. The individual may complain of dizziness and headache or may suffer from confusion, convulsions, delirium or unconsciousness.

Heat stroke is a medical emergency that requires immediate action. While one person calls for emergency medical personnel, others should try to cool off the individual.

If it is possible, place the person in a tub of cool water and use a hose or wet cloth to lower the body temperature. Massage the victim's hands and feet toward the heart to stimulate circulation of the limbs' cooler blood. Once the body temperature returns to normal, dry off the individual. If the body temperature rises again, repeat the cooling procedure.

## Heat stress

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TRIPLE DIGITS  
UPON US

# Heat stress

continued

A person suffering from heat exhaustion sweats profusely and has pale, clammy skin. The body temperature remains normal. The individual may feel giddy, nervous or may be nauseous.

To treat a person suffering from heat exhaustion, get the victim to lie down in a cool place and to sip cool water. Apply cool, wet cloths and loosen the clothing. If the condition does not improve, seek medical attention.

Heat cramps are painful spasms in the arms, legs or abdomen. This is caused by a loss of body salts, which is a result of excessive sweating. Have the person sit or lie down in the shade and sip cool water. Massaging the cramped muscles or pressing firmly on them with your hands can relieve the cramps.

To avoid any of the heat-related illnesses, remember to:

- **TAKE IT EASY.** Allow your body time to adjust to working in the heat.
- **DRINK PLENTY OF WATER.** Don't wait until you're thirsty. By that time, you may be dehydrating. Drink at least eight ounces every 30 minutes while working outside. Avoid alcoholic beverages. They accelerate the dehydration process.
- **EAT RIGHT AND EAT LIGHT.** Avoid hot, heavy meals. Fresh fruits and vegetables are good alternatives. They are high in water content and contain vitamins and minerals lost through perspiration.
- **DRESS SENSIBLY.** Wear light-colored clothing that lets your skin breathe. Wear a cap or wide-brimmed hat to shield your head and face.
- **TAKE BREAKS.** Plan breaks out of the sun to allow your body to cool off.



# for you

## OSHA gets leader

Edwin G. Foulke Jr. is the new assistant secretary of labor for occupational safety and health, which puts him as head of OSHA. In his position, he is responsible for administering a comprehensive program to assure the safety and health of U.S. workers by setting and enforcing standards, providing training, outreach and education and establishing partnerships and alliances that encourage improvement in workplace safety and health.

Foulke previously served on the Occupational Safety and Health Review Commission from 1990 to 1995. The commission is an independent federal agency that renders decisions in job safety and health disputes arising from OSHA inspections.

## Calling in 'sick'

The 2005 CCH Inc. Unscheduled Absence Survey, conducted by Harris Interactive, shows that two out of three employees who fail to show up for work are not ill. The survey shows that only about 35 percent of unscheduled absences are attributed to illness, while family issues, personal needs, an entitlement mentality account for the remaining 65 percent of absenteeism.

The study, which is conducted annually, also shows the cost of absenteeism rose to \$660 per employee, which is \$50 more than it was in 2004.

## Buckling up

A record 82 percent of U.S. drivers wear their seat belts while driving or riding in their vehicles, according to Secretary of Transportation Norman Y. Mineta.

The U.S. Department of Transportation says seat belt use has grown from 71 percent in 2000 to its new high.

# safety expos

## Mark your calendar

Flagstaff  
Tucson

July 11  
Oct. 17-18

# OSHA's top 10

## AGENCY CITES 86,000 VIOLATIONS IN 2005

Little changes from year to year when OSHA inspects U.S. businesses. As it released its 2005 top 10 most frequently cited standards, only slight changes were measured in the ranking order of violations.

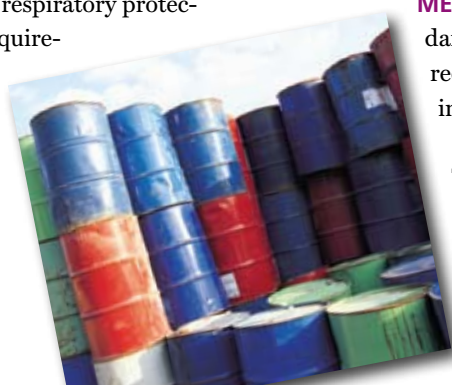
Nearly 86,000 violations were cited in 2005, which were up from 2004. The top 10 violated standards are (measured from Oct. 1, 2004 to Sept. 30, 2005):

**1 SCAFFOLDING, 8,891** – The standard explains the responsibility for employers to protect construction workers from falls and falling objects while working on or near scaffolding at heights of 10 feet or more.

**2 HAZARD COMMUNICATION, 7,267** – The standard addresses chemical hazards, including those produced in the workplace and imported into the workplace.

**3 FALL PROTECTION, 6,122** – The standard outline requirements for fall protection, systems appropriate for given situations, proper construction and installation of safety systems and proper supervision of employees to prevent falls above six feet.

**4 RESPIRATORY PROTECTION, 4,278** – The standard directs employers to establish and maintain a respiratory protection program and lists requirements regarding use, maintenance and medical evaluation.



**5 LOCKOUT/TAGOUT, 4,051** – The standard outlines minimum requirements for controlling hazardous energy during machinery maintenance.

**6 POWERED INDUSTRIAL TRUCKS, 3,115** – The standard covers the design, maintenance and operations of powered industrial trucks.

**7 ELECTRICAL WIRING, 3,077** – The standard covers the grounding of electrical equipment, wiring and insulation.

**8 MACHINE GUARDING, 2,956** – The standard covers general safety requirements for the use of machine guards.

**9 ELECTRICAL GENERAL REQUIREMENTS, 2,348** – The standard covers general safety requirements for designing electrical systems.

**10 LADDERS, 2, 276** – The standard covers general requirements for all ladders.

LEARN  
MORE

Visit [osha.gov](http://osha.gov)  
for additional  
information  
and resources.



# Heading for Arizona's high country

## SAFETY WORKS EXPO COMING TO FLAGSTAFF

SCF Arizona's message on safety is spreading north, as the successful Safety Works Expo is heading July 11 to Flagstaff. The day-long event, which features seminars exploring workplace safety and workers' compensation issues, will be at the Little America Hotel, 2515 E. Butler Ave.

SCF presents Safety Works Expos for only \$65 for safety professionals, business owners and their employees. A variety of topics will be scheduled and announced later. For information, contact SCF Arizona Field Services at 602.631.2002.

## Good sources

### LOOKING FOR SOME GOOD SAFETY TIPS TO SHARE WITH YOUR EMPLOYEES? THEY OFTEN CAN BE FOUND EASILY ONLINE.

- The Arizona Business Association places **"DAILY TOOL BOX TOPICS"** on the home of its Web site, [abasafety.com](http://abasafety.com). This site links to the ADOSH training calendar under the heading "Safety Training Seminars."
- The Alliance of Construction Trades, which has offices in the Tucson Chamber of Commerce building, 465 W. St. Mary's Road, Ste. 100 in Tucson, welcomes all contractors or subcontractors to its **"SAFETY HOUR"** scheduled from 6 to 7 a.m. on the last Thursday of each month. Instructing during these meetings are the alliance's safety committee and SCF Arizona's loss control consultant Gerry Coley. **For information call 520.624.3002 or toll free at 877.243.7671.**
- The Independent Electrical Contractors Association (IECAS) also provides a **MONTHLY SAFETY TIP** on its Web site, [iecas.org](http://iecas.org). Just scroll down and click on "Safety Tip."



## Calendar

### MAY 17

Heat Stress • Yuma  
Fall Protection<sup>1</sup> • Phoenix<sup>2</sup>  
Return to Work Makes \$ense • Tucson

### MAY 18

Violence Prevention • Yuma

### JUNE 7

Behavior-based Safety Management • Phoenix  
Scaffold & Ladder Safety<sup>1</sup> • Prescott

### JUNE 14

Bloodborne Pathogens • Phoenix<sup>2</sup>

### JUNE 19

Confined Space Entry<sup>1</sup> • Prescott

### JUNE 21

Concrete & Masonry Construction Safety • Yuma

### JUNE 22

Welding & Flame Cutting Safety • Yuma

### JUNE 28

Hazard Communications • Flagstaff  
Hazard Communications<sup>1</sup> • Tucson

### JULY 5-6

10-hour General Industry • Phoenix

### JULY 19

Ergonomics • Yuma  
Machine Guarding • Phoenix<sup>2</sup>

### JULY 20

Asbestos Awareness • Yuma

<sup>1</sup> Indicates OSHA or ADOSH class.

<sup>2</sup> Indicates class will be taught at Hilton Suites, 10 E. Thomas Road in Phoenix.

## We would appreciate your feedback. Please e-mail or call us.

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