



Alabama Trucking Association
Workers Compensation Fund

alliance

An OSHA Cooperative Program

A Newsletter For Our Members Where Safety Is Our Primary Concern!

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HEAT ILLNESSES PREVENTION

As the summer months approach, temperatures will be soaring into the 90-plus range. Make sure your drivers and employees are prepared on how to treat and even prevent heat-related illness.

Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.



Symptoms of heat exhaustion include: cool, moist skin with goose bumps when in the heat, heavy sweating, faintness, dizziness, fatigue, a weak and rapid pulse, low blood pressure upon standing, muscle cramps, nausea and headache. The most serious heat-related illness is heatstroke. Symptoms include confusion, the inability to think clearly, fainting or seizures. According to OSHA, a person experiencing heat stroke may stop sweating all together.

Heat-related illness is serious and it can happen to anyone. Keep in mind the below prevention tips and symptom treatments for heat-related illnesses.

TIPS TO PREVENT HEAT-RELATED ILLNESS

- Learn the signs and symptoms of heat-related illness and monitor yourself for signs on hot days.
- Wear loose fitting, lightweight, and light-colored clothing to allow your body to cool properly and sweat to evaporate.
- Avoid sunburn as sunburn reduces your body's ability to rid itself of heat.
- Look for cool places. These may include your air-conditioned cab or a restaurant at a rest stop.
- Avoid hot spots. Even a well-insulated truck can become dangerously hot in the summer heat when the air conditioner is turned off.
- Drink plenty of fluids. Water and electrolyte drinks like Gatorade and Powerade will help to keep you hydrated.



IF YOU EXPERIENCE SYMPTOMS OF HEAT-RELATED ILLNESS

- Stop all activity and rest in a cool place.
- Loosen clothing.
- Rehydrate by drinking cool (but not too cold) water or a sports drink like Gatorade or Powerade.
- If possible, try cooling measures such as a cool shower or place towels soaked in cool water on your skin.
- If symptoms fail to improve or worsen within an hour, contact a doctor. If your body temperature reaches 104° F seek immediate medical attention.



Smart and Safe Cell Phone Use



Don't let your smart phone cause you to make a dumb decision. Follow the below safety tips to avoid accidents and injuries.

Drivers/Employees

- Keep your phone in your pocket when you are in the yard, terminal or loading dock.
- DO NOT text while driving – More drivers are killed every year in motor

vehicle crashes than any other cause.

- Stay aware of your surroundings. The inappropriate use of cell phones impairs employees' ability to recognize and react to hazards.
- Never use cell phones during the use of industrial equipment or powered industrial trucks.
- DO NOT use cell phones around flammable vapors or dust.

Employers

- Designate cellphone use areas and cellphone-free zones on your property.
- Train drivers to stay in their cab or other safe area and to use designated walking paths during loading and unloading.
- Restrict cell phone use to breaks and lunchtime.

