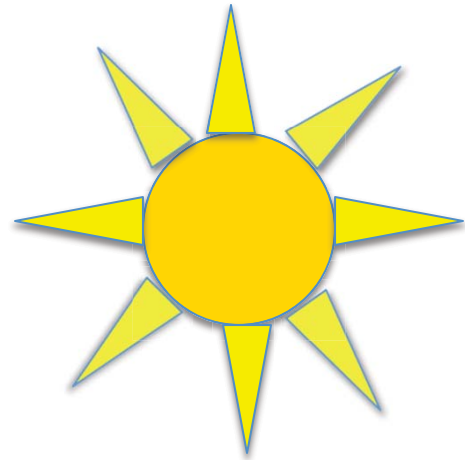


# HEALTH IMPACTS SAFETY



- Outdoor workers may be exposed to excess heat and sunlight.
- Storing too much heat in your body can make you sick or kill you.
- Sun exposure is linked to skin cancer.

## Safety Meeting Guide

### TWH 4: What's the sun got to do with it?

<http://ow.ly/JHa00>

**INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.**

Today's safety committee meeting is about the risk of sun and heat exposure for outdoor workers. A 38 year-old arborist suffered heat stroke while he was climbing a 150 foot fir tree in +95°F temperature and died on the way to the emergency room. Before falling he began behaving erratically, was caught by his harness and appeared to have a seizure. A fellow arborist climbed to his location and lowered him to the ground. Emergency personnel administered CPR but no pulse was established.



In addition to causing heat stroke, sun is also the primary cause of skin cancer. This means that outdoor workers are at high risk for this disease. Sun and heat exposure can adversely affect your life both at work and outside of work.

#### **So here are some ways we reduce our sun and heat exposure:**

- Prevent sun exposure by covering up with a wide brim hat, tightly woven clothing and UV absorbent sun glasses.
- Use sunscreen that effectively blocks both UVA and UVB rays.
- Create work practices when possible that reduce exposure to the sun and heat, such as creating shade and working when the sun is less intense. .
- Healthy lifestyles and hydrating with water can help us be less sensitive to the effects of heat.
- Train workers to recognize heat-related illness symptoms, and about the importance of hydrating and taking breaks.

**ASK: "Does anyone have more ideas or comments to share?"**

**Pause for discussion. Then see if there are ways to take action.**

#### **END WITH ACTION PLAN (ideas for what to ask or say).**

- Do you have ideas about ways to reduce our exposure to the sun at work?
- What have you found that works to keep you cooler when you are working in the heat?
- What are warning symptoms that you have had too much sun or heat exposure?
- Are there other things that our organization can do to reduce our risk of skin and heat exposure?