

Safety & Training



May 2020

Source

A monthly resource for members of IMEA's Safety, Education & Training program.

Best Practices To Protect Power Utility Workers From Heat Illnesses

You don't have to work in the industry to notice the outside temperatures are rising. However, for those of you that do work in power utilities and outside in the elements – we need to be more aware of how the heat affects everyone so that you can continue to work in a safe manner.

How does extreme heat affect our Indiana Utilities?

Our Indiana crews work in extreme heat, high humidity and in direct sun light. For most of you to do your job right, you have to perform heavy physical labor while you wear mandatory fire-resistant clothing – which only adds to the heat. Therefore, most of you are considered at risk for heat illnesses.

Heat illnesses include: (Most Symptoms Include):

- Headache, Dizziness, or Fainting
- Weakness, Passing Out, Collapse, or Seizures (Fits)
- Sweating more than normal or May Stop Sweating



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From the Desk of Duane Richardson

OSHA does not have a specific standard that covers working in hot environments. Nonetheless, under the OSHA General Duty Clause, Section 5(a)(1), employers must provide their employees a workplace free from recognized hazards likely to cause death or serious harm, including HEAT!!

In the absence of a specific OSHA standard, the General Duty Clause becomes the standard. Inclement weather, cold weather and heat are clearly recognized hazards to your staff.

With all the PPE that your employees must wear heat, in my opinion (with the exception of lightning) is probably the most serious and typically the employee doesn't recognize the symptoms until it's too late

Indiana municipals have had weather related injuries, both heat and cold. Common sense is not and never will be a viable supplement to training, written policy or procedure.

Every utility should have written policies for inclement weather, cold weather and of course heat related policies.

If you need assistance or suggestions, please don't hesitate to contact us.



IMEA CALENDAR

June

22 - 26 *613 Advanced Construction and Maintenance Workshop Class # 032717 / 092517*

July

8 - 10 *IMEA Top Out Test Class # 041816 / 101716*

13 - 17 *611 Basic Construction and Maintenance Workshop*

27 - 31 *612 Intermediate Construction and Maintenance Workshop #031918*



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Heat illnesses include:

- Wet or Clammy Skin, Loss of Skin Color or Paler than Normal, or Very Red Face
- Irritability, Confusion, or Unable to Think Clearly
- Extreme Thirst, Nausea, or Vomiting

A Few Safety Best Practices for Leading Supervision Include:

Beginning of Day:

- Morning Meetings – Discuss the expected high for the day, make note of it on your daily tailboards. Remind everyone to be aware of their own limitations and to watch out for signs of heat illnesses in your brothers / coworkers. Make sure everyone is fit for duty.
- Start drinking water early and aim to drink more every 15 minutes (whether you feel thirsty doesn't matter - drink water).

Throughout the Day:

- New employees and those who are not used to working in the heat all day tend to be affected the most. It takes about 7 to 10 days of working in the heat, for your body to get used to it – even then, it is still hot.
- Don't be afraid to call a supervisor for help or to help others take the right safety steps to avoid overheating.

SIGNS OF

HEAT EXHAUSTION	HEAT STROKE
DIZZINESS & FAINTING	THROBBING HEADACHE
EXCESSIVE SWEATING	NO SWEATING
RAPID, WEAK PULSE	RAPID, STRONG PULSE
NAUSEA OR VOMITING	NAUSEA OR VOMITING
COOL, PALE CLAMMY SKIN	RED, HOT DRY SKIN
MUSCLE CRAMPS	MAY LOSE CONSCIOUSNESS



IMEA ANNUAL BUSINESS MEETING & VENDOR EXPO

OCTOBER 13 - 16, 2020

Part of great work is improving your skill set, creating better employee communication, or learning about the successes of others and applying them to your workplace.

At IMEA, we are here to **serve you, educate you and guide you** into the success of evolving in the Public Power Industry.

Indiana Municipal Electric Association is pleased to announce the **2020 IMEA Annual Business Meeting** will be held at the **Embassy Suites, Noblesville, Indiana.**

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REGISTRATION IS NOW AVAILABLE

Register Today!

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INTEGRITY MATTERS

AEP Energy Partners (AEPEP) understands that each municipality, cooperative and utility customer has different power supply needs and risk profiles. As one of the largest wholesale suppliers in the country, AEPEP specializes in offering customized wholesale power supply products based on the specific needs of our customers' electric system. AEPEP's energy experts carefully balance the forces of price and risk to create the right power supply product at a competitive price.

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