



INTERNATIONAL ASSOCIATION OF HEAT & FROST INSULATORS & ALLIED WORKERS

Local No. 24 City Baltimore-Washington State MD & DC

Address 901 Montgomery St., Laurel, MD 20707

February 18, 2020

Maryland Senate
Finance Committee
Chair: Delores E Kelley
Vice Chair: Brian Feldman

FAVORABLE

SB 434 - Labor and Employment - Occupational Safety and Health - Heat Stress Standards

Heat and Frost Insulators & Allied Workers Local 24
Brian S Cavey, Business Manager
brian.cavey@insulators24.org

Every year, dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition. Working in a hot environment can cause heat stroke, heat exhaustion, heat cramps, or heat rash. In addition, heat increases the risk of injury for workers because of sweaty palms, fogged-up safety glasses, and dizziness. Burns also can occur when a worker comes in contact with a hot surface or steam.

Thousands of Maryland workers are exposed to heat in their workplaces. Although illness from exposure to heat is preventable, every year, too many workers become sick from occupational heat exposure, and some cases are fatal. Occupational risk factors for heat illness include heavy physical activity, warm or hot environmental conditions, lack of acclimatization, and wearing clothing that holds in body heat. Hazardous heat exposure can occur indoors or outdoors, and can occur during any season if the conditions are right, not only during heat waves. The following is a list of some industries where workers have suffered heat-related illnesses.

Outdoors	Indoors
Agriculture	Bakeries, kitchens, and laundries (sources with indoor heat-generating appliances)
Construction – especially, road, roofing, and other outdoor work	Electrical utilities (particularly boiler rooms)

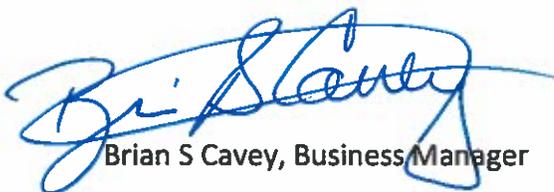


Outdoors	Indoors
Construction – roofing work	Fire Service
Landscaping	Iron and steel mills and foundries
Mail and package delivery	Manufacturing with hot local heat sources, like furnaces (e.g., paper products or concrete)
Oil and gas well operations	Warehousing

Washington, Minnesota, and California have specific laws governing occupational heat exposure. Federal OSHA has a General Duty Clause (Section 5[a][1] of the Occupational Safety and Health Act of 1970) that requires employers to provide a place of employment that is “free from recognized hazards that are causing or are likely to cause death or serious physical harm to employees.” The OSHA Technical Manual Chapter on Heat Stress establishes that OSHA uses WBGT¹ to determine if a heat hazard was present. CDC’s National Institute for Occupational Safety and Health (NIOSH) publishes recommended occupational exposure limits for heat stress. These limits, which are consistent with those of the American Conference of Governmental Industrial Hygienists (ACGIH), specify the maximum combination of environmental heat and metabolic heat (i.e., workload) to which workers should be exposed. Exposure limits are lower for workers who are unacclimatized to heat, who wear work clothing that inhibits heat dissipation, and who have predisposing personal risk factors.

The Maryland General Assembly can direct Maryland OSHA to promulgate a heat stress rule, requiring employers to implement heat stress plans on the worksite, which includes training, paid breaks, providing water, monitoring worker exposure to heat, and maintaining records on heat injuries and precautions taken to prevent them. Please vote in favor of SB 434.

Sincerely,



Brian S Cavey, Business Manager

¹ The Wet Bulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas.

HAZARD ALERT

CPWR
Center for Construction Research and Training

WORKING IN HOT WEATHER



Am I in danger?

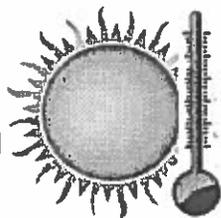
OSHA says that each year, thousands of workers get sick from heat exhaustion or heat stroke. **Some even die.**

You are at risk if you:

- ▶ Work in hot and humid conditions;
- ▶ Do heavy physical labor; and
- ▶ Don't drink enough water.

This risk is greater for workers who are not used to the heat.

But you can protect yourself and feel better as you work by dressing for hot conditions and taking frequent breaks for water and shade.



What to look for...

Signs of Heat Exhaustion:

- ▶ Weakness and wet skin
- ▶ Headache, dizziness or fainting
- ▶ Nausea or vomiting

Signs of Heat Stroke:

- ▶ Confusion or fainting
- ▶ May stop sweating – dry, hot skin
- ▶ Convulsions or seizures

Get help if you or a co-worker has these signs.

HEAT STROKE IS A MEDICAL EMERGENCY.

IT CAN BE DEADLY. If a co-worker shows signs of heat stroke, **call 911.**



If you think you are in danger:

Call OSHA
1-800-321-OSHA

Protect yourself ...



1 Dress for hot conditions

Wear clothes that are:

- ▶ Light-colored (white, etc.)
- ▶ Loose-fitting
- ▶ Lightweight

Wearing heavy protective clothing or personal protective equipment may increase your risk you may need more frequent breaks for rest and water.



PHOTO COURTESY OF CAL-OSHA

2 Drink Water

Drink water every 15 minutes when working in hot conditions.

DO NOT wait until you are thirsty to drink water.
DO NOT drink alcohol and **AVOID** caffeine.



PHOTO COURTESY OF NEIL LIPPY

3 Take Breaks

Take frequent rest breaks in shaded, cooled or air-conditioned areas.

If you see a co-worker with symptoms of **Heat Exhaustion**, speak up.

If you see a co-worker with symptoms of **Heat Stroke**, seek medical attention immediately!

Your employer should:

- ▶ Have a heat illness prevention program and emergency plan.
- ▶ Provide training on heat hazards and steps to prevent heat-related illnesses.
- ▶ Provide clean, cool water – about 4 cups (that's two 16-ounce bottles) each hour.
- ▶ Schedule frequent breaks in shaded or cooled areas.
- ▶ Gradually increase workloads for workers new to the heat.

Learn more about heat-related illnesses and how to prevent them at

<http://bit.ly/CPWRHotWeather>

To receive copies of this Hazard Alert and cards on other topics

Call 301-578-8500