



SAFETY SNAPSHOT

JUNE-JULY 2018 • VOLUME 2

Safety on the Job...

Gear Up For Summer!

Lindblad Construction provides a variety of supplies to help you work safely and comfortably in the dog-days of summer. The Fastenal® vending machines are stocked with Sqwincher® drink mix, cooling, and evaporative PPE, as well as skin protection supplies such as sun-screen and bug repellent. Visit the Lindblad shop or contact the safety department for any summer safety supplies you need.

Remember...

- Drink more water than you normally would; do not wait until you are thirsty to drink more fluids. Sqwincher® replaces electrolytes that are lost through sweat, and that you cannot replace by drinking regular water. Avoid drinking sugar-filled beverages, alcohol, and caffeine on hot, humid days.
- Keep cool by using the PPE that is available to you. Take rest-breaks in cool, shady areas or in air-conditioned vehicles or trailers.



Sunny Days= Increased Workload

As the days get longer, employees may experience longer work days and weekend work. When working extra hours, consider your physical and mental condition, as well as the condition of others on your jobsite. Know the signs of fatigue, and when a worker may no longer be fit for duty. Signs of worker fatigue can manifest over time and are often not immediate. During off-hours make sure to get plenty of rest and make time for relaxation.

Signs of fatigue: Weariness, sleepiness, irritability, reduced alertness, lack of motivation, increased susceptibility to illness, depression, headaches, giddiness, and loss of appetite

Know the signs of heat related illness, and when you need to take action. Never ignore symptoms of heat cramps, exhaustion or stroke. In the event of a medical emergency, call 9-1-1.

Heat stroke symptoms:

- High body temperature
- Hot, dry skin or profuse sweating
- Rapid, strong pulse
- Possible unconsciousness
- Seizure

If someone shows signs of heat stroke, move the person to a cooler environment and apply a cool cloth or spray/mist water on the affected individual; do not give fluids to drink. Call 9-1-1.

Heat exhaustion symptoms:

- Headache
- Dizziness
- Irritability
- Heavy sweating
- Nausea
- Weakness
- Decreased urine output
- Thirst

If someone shows signs of heat exhaustion, move the person to a cooler environment and apply cool cloths or water to the body. The affected individual should sip water. Contact your crew leader and Lindblad safety.

Fellow Contractor Experiences Symptoms Of Tickborne Illness

On April 11, 2018 a local contractor (not a subcontractor of Lindblad) experienced an OSHA recordable from a tick-bite that occurred on a jobsite. The employee had been working in tall grass, and performed a routine tick inspection at the end of his workday. He found two ticks that he believed to be deer ticks, one on his abdomen and one in the groin area. He removed both ticks easily, and did not think much of the issue. Several days later he noticed stiffness in his elbow. Following participation in a toolbox talk relating to tickborne illnesses, the employee decided to tell his supervisor of the incident and symptom onset. He was seen at an immediate care center for blood tests and was administered an antibiotic.

To prevent bites and stings, wear long-sleeved shirts and insect repellent. Lindblad provides DEET-free repellent that can be used on jobsites that require FR clothing. Inspect your body and clothing for ticks at the end of the day. If you wear sunscreen and an insect repellent, apply the insect repellent after the sunscreen has dried.



Heat & Chicago Crime Correlation

Many of our jobsites are located near Chicago, and it is important to consider the influx of criminal acts that occur in the city during the summer months. According to police crime data from January 2012 through June of 2017, battery, which includes shootings,

criminal damage, and theft, are among the crimes that increase as the temperatures increase.

Remember...

- If you are parked on a street or in a parking lot that civilians have access to, turn off and lock your vehicle. Hide possessions such as wallets, phones, and iPads.
- Inform others of where you are working; if you are on a jobsite alone, make sure that a supervisor is aware of your planned work hours and where you are located.
- If you should encounter a violent or threatening person, stay calm and cooperate. Do not argue with or try to fight someone that is hostile or potentially armed.
- Always remain aware of your surroundings. You become an easy target when you appear to be distracted.

...and off the Job...

Coexisting With Our Wild Neighbors

More than likely, many of us have had to deal with wildlife taking up residence near our homes – under decks, vehicles, sheds, you name it. There is a multitude of different things you should do to prevent animals from moving in:

- Install barriers such as chicken-wire or use repellents to prevent rabbits and other wildlife from dining on your plants.
 - Prevent animals such as skunks, raccoons, and foxes from being able to access the areas beneath sheds and decks by boarding up or otherwise barricading openings.
 - Secure garbage cans with bungee cords, weights, or other tie-downs.
 - Keep garage doors, sheds, and crawl space entry points closed.
 - Perform regular inspections of your home and structures on your property to prevent animals from finding access points.
 - Do not leave human or pet food outdoors, and pick up fruit that may have fallen from trees.
- Instead of calling a wildlife control service, or combatting animal inhabitants on your own, become the unwanted neighbor and humanely drive them away.
- **Make noise.** Bang pots and pans or turn up the radio near their den.
 - **Light it up.** Exterior lights can make a dark dwelling less desirable for skunks and other nocturnal critters.
 - **Stink.** There are certain scents that disgust certain animals. For instance, to rid foxes from your property, consider placing kitty litter that has been used by a cat, or a sweaty t-shirt near their den.



Remember, although these animals tend to be afraid of humans you should never corner a wild animal. If you are bit by a wild animal, contact a medical provider to properly prevent infection or disease.

For more information and solutions for problems involving wildlife, visit www.humanesociety.org/animals/wild_neighbors/

Air Conditioner & Fan Safety

Installation and corrective maintenance of electrical units, such as air conditioners, should be installed by qualified electricians. However, it is important to regularly inspect vents, cords, hoses, and fans to prevent the units from not being operational when you really need them on a hot summer day. Keeping fan blades and guards (grating) clean on household fans will also improve air movement.



Is Your House Safe While You're Gone?

Summertime for many is a time for weekend getaways and family vacations. To ensure your house is safe from would-be intruders, consider the following tips from *EHS-Today*.

- Do not post your whereabouts, activities, or pictures to social media platforms until after you have returned home.
- Set timers for your interior and exterior lights so that it appears to passers-by that someone is home.
- Ask a neighbor, relative, or friend to keep an eye on your home while you are away. Consider asking them to take garbage to the curb for pick-up to show signs of activity at an empty home.
- Put a hold on your mail and newspaper delivery until you are back.

Pets & Heat Stress

- Do not leave animals in a parked car. Temperatures rise quickly inside of vehicles, even if the window is cracked. Heat stress to animals can cause organ damage and failure, and death. Even on a cool day, the temperature inside of a vehicle can reach deadly temperatures due to lack of air-flow and the sun.
- Pets can have heat strokes, too. Treat a pet with heat stroke much the same as you would a human: move the animal to a cooler (shady, air-conditioned) location; apply ice-packs, cold towels, or cool water to the head, chest, and neck; and allow small sips of water or to lick ice cubes. Contact a veterinarian as soon as possible.
- Pets that are particularly susceptible to heat stroke are the very old, very young, overweight, not conditioned for prolonged exercise, or have medical conditions.



For more information regarding summer safety for your pets, visit www.humanesociety.org.

Suggestions for content you want to read about in the August-September 2018 issue?

Contact the Safety Department.