

Stay Safe and Healthy this Summer: Tips for Occupational Health and Safety

As summer approaches, many of us are looking forward to warm weather and outdoor activities. However, it's important to remember that the summer season can bring its own set of occupational health and safety risks. Whether you're working outside in the sun or participating in outdoor activities, it's essential to take the necessary precautions to stay safe and healthy.

Exposure to Heat and Heat-Related Illness

One of the biggest risks associated with summer work is heat stress. **Heat stress** occurs when the body's internal temperature rises above a safe level, and it can lead to serious health consequences such as heat exhaustion and heat stroke. The **heat index** is an important factor to consider when it comes to occupational health and safety. The heat index combines temperature and humidity to determine how hot it feels outside, and it can be used to determine the risk of heat-related illnesses.

When humidity is high, it can make it more difficult for sweat to evaporate from the skin, which is the body's natural cooling mechanism. As a result, the body can feel hotter than the actual air temperature, which can increase the risk of heat-related illnesses. The heat index is an important tool for assessing the risk of heat-related illnesses, as it provides a more accurate representation of how hot it feels outside. In general, a heat index of 91°F or higher can be dangerous for outdoor workers, and measures should be taken to prevent heat-related illnesses. You can find more information on the heat index at the National Weather Service [website](#).

It's important to note that heat-related illnesses can be preventable if appropriate measures are taken. The Occupational Safety and Health Administration (OSHA) has created **guidelines** to help employers protect their workers from the dangers of heat exposure. These guidelines include providing workers with water, rest, and shade, as well as implementing a heat illness prevention program. Employers can also consider modifying work schedules to avoid the hottest parts of the day or using personal protective equipment to help keep workers cool.

Sun Exposure and the Risk of Skin Cancer

In addition to heat stress, summer also brings an increased risk of skin cancer due to exposure to the sun's harmful ultraviolet (UV) rays. Skin cancer is one of the most common types of cancer in the United States, with over 5 million cases diagnosed each year. Outdoor workers are at an increased risk of developing skin cancer due to prolonged exposure to the sun's harmful ultraviolet (UV) rays. In fact, according to the **Skin Cancer Foundation**, outdoor workers have a 60% higher risk of developing skin cancer compared to indoor workers.

To prevent skin cancer, it is important for outdoor workers to take appropriate measures to protect themselves from the sun's harmful rays. This includes wearing protective clothing, such as long-sleeved shirts, hats with wide brims, and sunglasses with UV protection. Outdoor workers should also use sunscreen with a sun protection factor (SPF) of 30 or higher and reapply every two hours or immediately after sweating or swimming. Employers should provide shade for workers to take breaks and implement a sun safety policy that outlines best practices for protecting workers from the sun's harmful rays.

By taking these precautions and utilizing the resources available, you can help protect yourself from the occupational health and safety risks associated with summer work and activities. For more information on summer-related occupational health and safety topics, visit the NIOSH resource pages at <https://www.cdc.gov/niosh/topics/>.





It Starts with YOU!
#BuildingSafety365



May is Building Safety Month: Raising Awareness and Promoting Safe and Sustainable Buildings

Building Safety Month is an annual event that takes place every May. The event is sponsored by the [International Code Council](#) (ICC) and aims to raise awareness about the importance of building safety and the role of building codes in ensuring safe and sustainable buildings.

During [Building Safety Month](#), the ICC works with building safety professionals, government officials, and the public to promote building safety and encourage the use of up-to-date building codes. The event is an opportunity to educate people about the benefits of safe and sustainable buildings, including improved public health and safety, reduced property damage, and increased resilience in the face of disasters.

Each week of Building Safety Month focuses on a different theme, highlighting important aspects of building safety. The themes for 2023 are: (1) Building Safety Starts at Home; (2) Building Safety Professionals and You; (3) Prepare Your Community; (4) Advocate for Your Community; and (5) Solving Challenges Together.

Throughout the month, the ICC provides a range of [resources and educational materials](#) to help people learn about building safety and the importance of building codes. These resources include webinars, videos, social media graphics, and other tools that can be used to spread the word about Building Safety Month.

Building Safety Month is an important event that helps to raise awareness about the importance of building safety and the role of building codes in protecting public health and safety. By promoting safe and sustainable buildings, we can help to create healthier, more resilient communities and a safer built environment for all. To learn more about Building Safety Month and get involved, visit the ICC's website at www.iccsafe.org/advocacy/building-safety-month.



June is National Safety Month: Promoting Safety and Well-being

National Safety Month is observed in the United States every June and is organized by the [National Safety Council](#) (NSC). The goal of this month-long observance is to raise awareness about the leading causes of injury and death in the workplace and at home, and to promote safety best practices.

The NSC provides a wealth of resources and information to help employers and individuals participate in [National Safety Month](#). These resources include posters, tip sheets, webinars, and social media graphics that can be used to promote safety in the workplace and at home.

The NSC recommends that employers use National Safety Month as an opportunity to conduct safety training and engage employees in safety activities. Employers can also use this time to review and update their safety policies and procedures, as well as to identify and address any safety concerns.

Individuals can also participate in National Safety Month by taking steps to promote safety at home and in their communities. This can include taking a first aid or CPR course, checking smoke detectors and carbon monoxide alarms, and practicing safe driving habits.

By participating in National Safety Month, individuals and employers can help create safer environments both in the workplace and at home. For more information on National Safety Month and to access NSC's resources, visit their [website](#).



Hawkeye on Safety: September 7, 2023

The Hawkeye on Safety conference is about to celebrate its 10th anniversary, marking a decade of promoting workplace safety and health awareness. The conference has become a fixture in the calendar for many professionals in the safety and health

industry, offering valuable insights and networking opportunities for attendees.

Since its inception, the conference has been dedicated to bringing together experts in the field of safety and health to share knowledge, best practices, and new research. The conference features a keynote speaker, breakout sessions, and interactive workshops, covering a wide range of topics related to safety and health.

Registration for Hawkeye on Safety 2023 is **now open**.

Learn more at HawkeyeOnSafety.com

Updates to OSHA's Laws and Regulations Webpage

OSHA's [Laws and Regulations webpage](#) has undergone recent updates to provide stakeholders with an easier way to stay informed about the agency's rulemaking process. Under the "Rulemaking" column, there is now a consolidated list of several regulatory project webpages.

The updated webpage also includes content explaining to stakeholders how and when they can participate in the OSHA rulemaking process. The final item in the third column, "OSHA Rulemaking Process," provides an overview of the rulemaking process and explains the opportunities for public comment.

To access the updated Laws and Regulations webpage and learn more about OSHA's rulemaking process, visit www.osha.gov/laws-regs/rulemakingprocess.

Congratulations to our Graduating Trainees!

Spencer Baker (Industrial Hygiene)
Lauren Barlow (Industrial Hygiene)
Valerie Boksa (Ergonomics)
Elijah Bouwman (Occupational Safety)
Daniel Corry (Injury Prevention)
Christian Feye (Industrial Hygiene)
Andrew Fogner (Injury Prevention)

Niclette Kibibi (Epidemiology)
Alon Klekner (Occupational Safety)
Nicholas Lioto (Industrial Hygiene)
Natalie Pineiro-Falcon (Industrial Hygiene)
Emma Smaellie (Industrial Hygiene)
TavionYrjo (Occupational Safety)



Continuing Education Programs

Check out the Heartland Center's online events calendar at HeartlandERC.org to keep track of our upcoming continuing education events.

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