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# Lake County Contractors Association Safety News

May, 2004

**Safety Training** –For information on classes scheduled, or to register on-line go to [www.lcca-il.org/events](http://www.lcca-il.org/events). The easiest way to get your employees trained is to let us schedule a class specifically for you. We will make sure the content is tailored to your employees and your industry.

Call Lisa at the LCCA Office for all your safety training needs.

**OSHA Seeking Comments** - OSHA is proposing to revise its two-decade old electrical installation standard and is asking for public comment on the proposed changes. The changes will focus on safety in the design and installation of electric equipment in the workplace. Comments are due by June 4; details are published in the April 5, 2004 Federal Register. The agency has also extended until May 17 the informal public comment period on two guidance documents associated with the hazard communication initiative announced last month! The documents are Guidance for Hazard Determination and Model Training Program for Hazard Communication.

**JULIE Ticket Life Now 28 Days** - Julie, Inc. has been coordinating a proactive campaign to promote the importance of safe digging practices and to remind excavators about the amendatory changes in the state law. One of these additions includes a provision limiting the locate request ticket life to 28-calendar days (effective March 1, 2004).

"There were several legislative issues that our members and representatives of the excavation community asked us to review last year," said Mark A. Frost, executive director of JULIE, Inc. "Working in a cooperative spirit with various stakeholders, amendatory language to the Illinois Underground Utility Facilities Damage Prevention Act was created and approved unanimously by members of the Illinois General Assembly."

Highlights of the amendatory language to the Act include:

- Clarifies the advance notice requirement of no earlier than 48 hours (exclusive of Saturdays, Sundays and holidays), but no more than 14 calendar days prior to the start of excavation.
- Creates a "ticket life" or specific expiration date for the locate request (Dig number) processed through the JULIE System.
- Adds new language that states, "Owners and operators of underground utility facilities that are damaged and the excavator involved shall work in a cooperative and expeditious manner to repair the affected utility."
- Excuses sewer facility owners and operators from marking when their facilities are deeper than seven (7) feet and the indicated excavation is shallower.

- Adds black to the allowed marking colors to indicate "proposed excavation area" during winter when snow is on the ground.

With the exception of the ticket life provision, the other changes became effective last year.

## Ten Suggestions to Help Workers Stay Cool

- Encourage workers to drink plenty of **water** (without salt) --about one cup of cool water every 15-20 minutes, even if they are not thirsty.
- Help workers **adjust to the heat** by assigning a lighter workload and longer rest periods for the first five to seven days of intense heat. And this process needs to start all over again when a worker returns from vacation or absence due to illness or injury.
- Encourage workers to wear **lightweight, loose-fitting, light-colored clothing**. Workers should change their clothing if it gets completely saturated.
- Learn to **spot** the signs of **heat stroke**, which can be fatal. The symptoms are severe headache, mental confusion/loss of consciousness, flushed face, and hot, dry skin. If someone has stopped sweating, seek medical attention immediately. Other heat-induced illnesses include heat exhaustion, heat cramps, skin rashes, swelling and loss of mental and physical work capacity.
- **Train** first aid workers to recognize and treat the signs of heat stress. Be sure that all workers know who is trained to render first aid. Supervisors also should be able to detect early signs of heat-related illness and permit workers to interrupt their work if they become extremely uncomfortable.
- Consider a worker's **physical condition** when determining fitness to work in hot environments. Obesity, lack of conditioning, pregnancy and inadequate rest can increase susceptibility to heat stress.
- **Alternate work and rest** periods, with longer rest periods in a cooler area. Shorter, but frequent, work-rest cycles are best. Schedule heavy work for cooler parts of the day and use appropriate protective clothing.
- Certain **medical conditions**, such as heart conditions, or treatments like low-sodium diets and some medications, increase the risk from heat exposure. Seek medical advice in those cases.
- **Monitor** temperatures, humidity and workers' responses to heat at least hourly.
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(Source: OSHA Regional News Release)