

TOOLBOX TALKS

The Upside of Safety



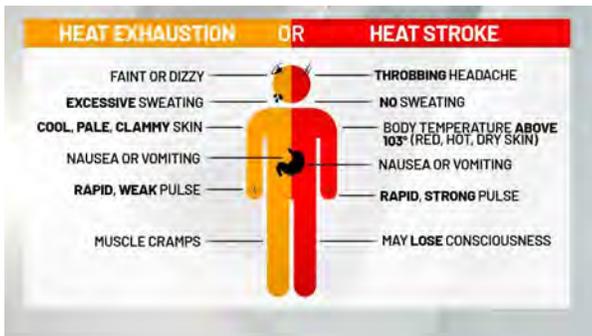
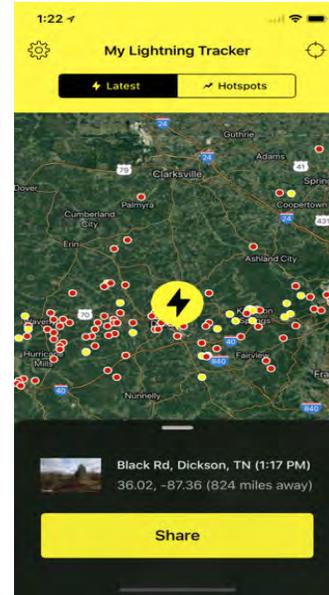
Spring Weather Hazards

As we transition from the cold winter weather to the spring, a new set of hazards could appear on the job site. Below are some common spring time hazards and solutions on how to keep yourself safe while on the job during the spring weather.

Thunderstorms

They say that April showers lead to May flowers but thunderstorms and lightning can wreak havoc on your work time. Before each day check the weather forecast to see if there is a chance of storms. Workers should not be working outdoors with lightning near by. Remember, where there is thunder, there is lightning. Wait at least 30 minutes after the last thunder boom. Lightning on the back edge of a storm can strike from 10 miles away.

Upside Tip: There are apps that you can download onto your smartphone to alert you when lightning is near - such as "My Lightning Tracker".



Heat Exhaustion and Heat Stroke

When the weather starts to heat up, our bodies may not be used to the warmer temperatures. Make sure to stay hydrated by drinking plenty of fluids and to take breaks in a shaded area to cool your body down.

Sunburn

With little sun exposure during the winter months, construction workers could be at risk of sunburn when spring rolls around. In order to protect your skin from sunburn, wear clothing to covers your skin. Workers should also be applying sunscreen to their skin periodically throughout the day. Construction workers should use a broad-spectrum sunscreen with an SPF of 30 or higher that is water-resistant for 80 minutes and should reapply every 2 hours.



