**

June 2024

 Volume 11, Number 6

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**National Safety Month**

**Heat Stress Management Program**

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|  Safety Net(work) Produced by Department of Administration Bureau of State Risk ManagementProduced by Department of Administration Bureau of State Risk Management |

Safety Spotlight:

[National CPR & AED Awareness Week](https://cpr.heart.org/en/training-programs/cpr-and-aed-awareness/cpr-and-aed-awareness-week)



A Heartfelt Video Messge to All:

1838

Claims

FY24 YTD

[Heat Illness Prevention Campaign](https://www.osha.gov/heat)

Workers Comp

Five Minutes for Safety:

 444

 444

Claims

FY23 YTD YTD

June is National Safety Month, and we are prioritizing safety by joining the National Safety Council to keep Wisconsin state employees safe.

All of us at the Bureau of State Risk Management in the of Department of Administration prioritize #WorkplaceSafety, and you can too!

This year, NSC is offering free weekly resources on these important topics: safety engagement, roadway safety, risk reduction, and slips, trips, and falls. Sign up now to claim your free materials: [https://nsc.org/nsm](https://nsc.org/nsm%22%20%5Ct%20%22_blank)

Each year, close to [2,000](https://doa.wi.gov/DEO/Benchmark%20FY%202023.pdf) State of Wisconsin employees are injured at work. Our leading cause of injury results from preventable slips, trips, or falls. Opportunities to engage with safety are all around us:

* Department of Administration homegrown programs within [Cornerstone](https://ess.wi.gov/psp/ess/EXTERNAL/HRMS/?cmd=login&languageCd=ENG&) include Winter Slip & Fall, Drive Safe, Office Ergonomics Self-Assessment and other risk prevention learning
* National Safety Council materials include [Prevent slips, trips and falls](https://www.nsc.org/getmedia/791a28f6-352e-4990-9559-6b19b46c935b/stf-tipsheet-combo.pdf.aspx) [tip sheet](https://www.nsc.org/getmedia/791a28f6-352e-4990-9559-6b19b46c935b/stf-tipsheet-combo.pdf.aspx), a June 26 [Don’t Let Success Slip Away](https://nsc-org.zoom.us/webinar/register/WN_XL9XN4_kRYiDkRe6Zpvx7A#/registration) webinar, [Distracted Walking digital quick tips](https://www.youtube.com/watch?v=HbdXg_Bw2x4), and [more](https://www.nsc.org/nsm).
* Take the [NSC SafeAtWork Pledge](https://www.nsc.org/faforms/safeatworkpledge), and commit to:
	+ Actively help my employer improve our safety programs.
	+ Report hazards promptly and suggest solutions.
	+ Be a good safety role model for my friends and family, even off the job.

Let’s work together to make people safer this June and all year long!

The Department of Administration – Bureau of State Risk Management secures annual statewide membership through the Wisconsin Safety Council. Membership includes exclusive National Safety Council (NSC) Safety Month materials such as: 5-minute safety talks, videos/virtual events, posters, checklists, and quizzes. Please contact Jake.Lowell@Wisconsin.gov from the Bureau of State Risk Management – Safety & Loss Control for assistance accessing exclusive materials.

Lost Time

FY24 YTD

Lost Time

FY23 YTD

1769



Consumer Safety

[United States Consumer Product Safety Commission](http://www.cpsc.gov/)

Contact Us

<https://doa.wi.gov>

E-Mail

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Heat Stress Management Program

OSHA does not have a [heat stress](https://www.osha.gov/SLTC/heatstress/) standard or limit; however, can use the General Duty Clause (§5(a)(1)) to issue citations when the hazard was recognized and a feasible abatement method exists. In 2022, OSHA introduced an Indoor/Outdoor Heat Stress [National Emphasis Program](https://www.osha.gov/sites/default/files/enforcement/directives/CPL_03-00-024.pdf) (NEP), and is currently [pursuing](https://www.osha.gov/news/newsreleases/national/05082024-0) a national heat stress standard.

To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as “[Don’t Fry Day](https://skincancerprevention.org/get-involved/dont-fry-day/)”, which encourages sun safety awareness and reminds everyone to protect their skin while enjoying the outdoors.

Heat Stress – Factors to Consider:

1. Processes often contribute to the heat and humidity in the work area.
2. There is a limit to how much a fan will help cool a worker before it adds to the problem.
3. PPE or some work uniforms limit the amount of heat that the body can radiate. Heat illness can still occur even at low temperatures!
4. New workers need time to adjust to hot environments. Studies show 7-14 days.
5. Workers that are dehydrated and heat compromised often make poor decisions.
6. Consumption of alcohol or caffeine may contribute to increased risk of heat illness at or within *24 hours* of work.

HYDRATE, HYDRATE, HYDRATE! Availability of popsicles, water jugs with electrolyte replacement, and/or just plain water is extremely important. A good bathroom stall poster is the [Urine Color Chart](https://www.uwgb.edu/UWGBCMS/media/Health-Care-Task-Force/files/Pee-Poster-11x8-5-2.pdf) to remind employees if they have drank enough water!

1. Alcohol, [according to the CDC](https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf), can cause dehydration and increase one’s risk of heat illness if consumed within *24 hours* of working in heat.
2. Energy drinks and larger than [standard servings](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20049372) of tea, soft drinks, or coffee can *increase* risk of heat-related heart strain and cause dehydration.

OSHA Recommends a [Heat Stress Management Program](https://www.osha.gov/otm/section-3-health-hazards/chapter-4) consisting of Acclimatization, Medical Monitoring, Training and Heat Alert Program. Managers and Supervisors need to be able to adjust work needs to implement an effective heat stress program. OSHA has a [Heat Stress App](https://www.cdc.gov/niosh/topics/heatstress/heatapp.html) that can help decide work/rest cycles. Water- and air-cooled garments can also be used.

Heat Stress Resources (scan/click QR codes):

1. Oregon OSHA [Heat Stress Cards](https://osha.oregon.gov/OSHAPubs/3333.pdf) (bilingual): identify heat stroke and heat exhaustion symptoms, plus how to respond.
2. “Water, Rest, Shade” – Oregon OSHA Pub: 4926: how to identify and prevent heat stress at work. [English](https://osha.oregon.gov/OSHAPubs/4926.pdf) & [Spanish](https://osha.oregon.gov/OSHAPubs/4926s.pdf) versions available.
3. CDC/NIOSH Recommended Work/Rest [Schedules](https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-127.pdf)



Note: QR codes correspond to order mentioned in list of heat stress resources.