



## ILA-USMX JOINT SAFETY COMMITTEE

OSH Circular 2018-06 (15 June 2018)

# The Summer Season Nears



Each year at this time, the ILA~USMX Joint Safety Committee (JSC) customarily alerts workers, managers and employers in our industry to the seemingly hidden hazards associated with working in high temperatures/high humidity. We advise the following:

1. Get educated about the symptoms of heat stress (see link below)
2. Watch out for symptoms in yourself and in fellow workers
3. Wear sunscreen, a hat and lightweight/loose fitting clothing
4. Drink water (hydrate) often; avoid excessive caffeine
5. Ask for, know and follow your workplace's procedure in dealing with heat stress

The Occupational Safety & Health Administration (OSHA) publishes an informative webpage that deals exclusively with Heat Stress and provides essential education and advice that employees, managers and employers should consider. Here's a link: [OSHA Heat Stress Page](#)

Got an OSH-related question? Write to the JSC at: [blueoceana@optonline.net](mailto:blueoceana@optonline.net)

## Working Together For The Benefit Of All

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