|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| Acadiana_ASSP_Email_Header.jpg |
| [AUGUST PERMIAN BASIN ASSP CHAPTER MEETING](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=ybgYVrGzHrbUHKy7uQck9ayDDN5OPfXGRwYJCNQdjXZt-WR4U5JQtmg_RDDvj_uHAAlxoWP7GEm7HsuQdinjrA~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~)

|  |  |
| --- | --- |
|  | Event to be held at the following time, date, and location:Wednesday, August 21, 2019 from 12:00 PM to 1:00 PM (CDT)**Ranchland Hills Golf Club**  1600 East Wadley Avenue  Midland, TX 79705   [View Map](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=KgDJv0SXHy736EXvDavmj3ND436V3d044wokOeDQAWrNllynYiULS2D0NjTPNO0OMXOUxgzTtIRUb3pDvOQtDQ~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~) |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| [**Attend Event**](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=D5peJ7eLNqKH8wV1vzIjoz-ugh9RnCvFauNtAjSYcK0cTCN2Brhzq6108b6RM-vOsLcSbqTgLlwVsEdAtM2ORA~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~) |

 |

 | **Share this event:**

|  |  |  |
| --- | --- | --- |
| Facebook | Twitter | LinkedIn |

 |

divider

|  |
| --- |
|    August 21, the Permian Basin Chapter will have our monthly meeting at Ranchland Hills, 1600 E. Wadley, Midland, Tx.  It is a lunch meeting, and a buffet lunch will be served for $20; cash, Eventbrite tickets and most credit cards will accepted at the door.  American Express Business cards not accepted.  Our speaker will be Randy Gallaway with Lockout/Tagout  |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_July in Review David Purdy with So even a professional athlete, who should know about heat and working in it, didn't pay enough attention to his body, and died from the heat.  Obviously this is true, since a few days after David's talk: Mitch Petrus, an Ex New York Giants player, who had been in the Super Bowl died of heat stroke at the age of 32 after working in his shop in Arkansas during the heat wave in July.  His topic was "Recognizing and Preventing Heat Stress" He made the. Comment, "Heat is something we don't pay enough attention to."  Oryx Midstream was our speaker in July.          **Early recognition and response is very important!** Be aware of long exposures, high humidity, dehydrationare all factors in heat stress.  Sweating is the body's main method for dissipating the heat produced by working muscles. Sweat rates vary by individuals and can be influenced by the fitness level of the worker, the intensity of activity, hydration status, environmental conditions (heat, humidity, etc.), personal level of acclimation and clothing. Sweat losses between approximately 300 ml (~10 oz) and 1000 ml (~34 oz) per hour have often been reported in the industrial worker. Over an 8-hour work shift, this can mean a loss of up to 2 gallons of sweat. Fluid lost through sweat, but not replaced through drinking leads to dehydration. In workers and athletes alike, dehydration can lead to a decrease in strength, a drop in endurance, and a reduction in motor skills. Many workers can come to work dehydrated due to drinking alcohol the night before, and coffee in the morning before work to sober up.  Dehydration can also contribute to serious health and safety issues. Fluids not replaced can lead to feelings of fatigue and may inhibit cognitive (thinking) function. For many industrial workers, loss of cognitive function, which can include slowed reaction time and poor decision making, may impact their physical safety as well as that of their colleagues. Besides adversely affecting the performance and safety of workers, dehydration can also put individuals at a greater risk for heat illness. If the body is not able to clear the heat produced by the working muscles, core temperature can increase to unsafe levels. If the rise is too severe, heat illness may follow.Heat illness can encompass heat cramps, heat exhaustion, or potentially deadly, heat stroke. Heat illnesses can progress from heat cramps to heat exhaustion to heat stroke, although a victim may not go through all stages and could quickly succumb to heat stroke.           Symptoms of dehydration are: Irritability, Nausea or vomiting, Decreased performance, Cramps, Heat sensations on head or neck, Chills. Symptoms of Heat Stress are: Irritability, Headache, Weak rapid pulse, **Heavy sweating followed by cold clammy skim,** Dizziness, Nausea or vomiting, Decreased muscle coordination, Cramps, Heat sensations on head or neck, Chills, Dry mouth,  Symptoms of Heat Stoke are: Dizziness or [Headache,](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=dmg8guiB5B-5GN31zmwCBjevD3ucncK94Ry0HCoAxO28g9Qftr9-fvdmWoiZfAtTj8bm_NtycA87IpyYutq9DQ~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~), [Nausea and vomiting,](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=aWvc37jfcnwNlQB02TAlBrITwJacjEQz5VV7PhbLNBB63RZuBhc4bZlW-bckN2Msp38N4v_-pUJEp-mSN_wiZw~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~)  Increased,[body temperature](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=RGerAJQ86VXvVILYr_Cjc84Oq9vehVtYxcT_S6giqayHoZIU1a3LB2x3ODzYLLEDA6hEqWDrn4qqsZ-gKX7ijw~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~) (104 degrees to 106 degrees F), Decreased urination, **Shortness of breath**, [sweating](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=W-zhjXWGhypY9vatAfEelbYalpZOezfEOo4tzD45xbsU6vW6SJZV1BBOSaPRhyQzq9gnQ_DMlBQ7liTr8ZOcvA~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~), Dry skin, Profound [heart rate](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=8Qbo9N8gx1RrtJX8djDdkRnHpTz4U57JPVphojKb9zX5k5WrVyHPugpHShlsorEixzRa7zbNMEFLfGlRwCzRyQ~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~), Rapid **Hot, flushed,** [**dry skin**](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=03igylectNpXzEj575r456EwnBFWIQDLhlk-5IkPCeF2rMOH1tuKSdq_rA7oebO0svZst8oBkRkwqbqLo5rKkw~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~), [Fatigue](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=RrYGgL6aUSZj2_I9OUvjjoRtKjWMsTjtEnC8EzqdZBzcandNGK5Iuqtuvt5cOkTPTnDhk4ASpg-8s-7JkcWOMA~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~), [vertigo,](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=oUNtaxE-4yTl0fcNBzM6kpxu_5_KRpjBAjQu9P_Pyy5Ips4qmtbGt22MPGiZZ_l91wQoc7QIj8XWGvCAueKimg~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~)Confusion, delirium, or loss of consciousness, Convulsions. [Heat stroke](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=qqDuVjUzhwUx0Pj2eDw8LtTsEbzlLgUWS3TCfg-ycZLzB9OXfuh0Na_bSn7jkRU3j-Z3Es1y5oyrmHp1qulvcQ~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~) can occur suddenly, without any symptoms of heat exhaustion. If a person is experiencing any symptoms of heat exhaustion or [heat stroke](http://send.assp.org/link.cfm?r=SrKJIE8a-zOzHyvoFuGB-A~~&pe=381ShjNoOfSTbIpZfoyevAsAZKlLBinLCXUwp6Vweo6dan9HwsDBDM8Co_ofOGoNDZ4RHtNVh5wCwqIGzA5H4Q~~&t=wCOQjiK_Zpg6uV5dLq_UNg~~), GET MEDICAL CARE IMMEDIATELY. Any delay could be fatal. What can you do to prevent heat problems? **HYDRATE!!!** David recommended having **employees drink a bottle of water every hour!** David made the point: **If a person is thirsty, it is too late for them to start drinking water, and try and rehydrate themselves**. Having them take frequent breaks, eating small meals, having them acclimate to the location, getting out of the sun during the breaks, having appropriate PPE and having them wear hats, long sleeves, etc. to keep themselves from developing sunburn, always using a Buddy system, so that they can keep an eye on each other, and have someone there to help if needed. Other things he recommended were using "Stop Work Authority", OSHA's app "Heat Safety Tool"; NIOSH also has a "Heat Safety Tool." I found an article on Heat Deaths in Construction claiming between 1992 and 2016 783 American workers died because of exposure to excessive heat and nearly 70,000 were "seriously injured". A construction worker account for about 6% of total workforce, but has 36% of heat-related deaths since 1992. The article also stated that the workers most at risk for heat-related deaths are Latino workers and especially those born in Mexico. During that time Latino construction workers deaths increased by more than 20%. The jobs most at risk were cement masons, roofers and the do-it –all category of "helper." David Purdy our speaker, switched his topic, and then began to talk about Safe Driving and Vehicle Safety. He stated that he talks about this every month to his employees. He feels like Driver Training students are being under trained. He recommends a 4 second interval between your vehicle and the one in front of you. He stressed that curtesy and consideration are always important. Driving requires 100% concentration 100% of the time. In this area fatigue and emotional distress are big factors in accidents. He stated that drivers must size up the traffic situation around them and always use good judgment; and that intersections were the most dangerous sections of the road. He advised us to pay attention, always scanning the road for other vehicles, and pay attention to the blind spots shift your eyes about every 5 seconds. We were advised to use turn signals to communicate our intentions to other drivers. David said that cell phone usage in a vehicle has the same effect as driving drunk. We were encouraged to **always** wear our seat belt; too many lifes have lost by not wearing their seat belt and being thrown out of the vehicle in a rollover accident. When you pull up to a stoplight make sure that you can see the back tires of the vehicle in front of you. He encouraged us to count to 3, before starting into an intersection or not to be the first in the intersection, because cars will frequently run the red lights. We were also advised when turning left, not to turn the steering wheel or the tire until the car is in motion. He reminded us the Permian Basin has one of the highest traffic death rates in the nation. |
|

|  |  |
| --- | --- |
| WorkingTogether.png | ASSP_Shield.png |
| FacebookTwitterLinkedIn |

 |

 |