



SAFETY

Nebraska Building Chapter

AGC Safety Initiative E-News

June 9, 2021

OUR Safety MISSION: Help each other enforce safety rules to ensure that every person on construction site goes home safe and healthy at end of the workday.

Calendar of Events – [Learn more](#)

[COVID-19 Resources Update](#) Updated information with quick references available.

Heat Stress in Construction

As workers are social distancing and wearing a mask, the signs of heat stress may be more difficult to recognize with the “buddy system” often used to watch for heat-related illness, (HRI). Workers may need to ask each other questions about how they are feeling during the workday to assess for signs of heat-related illness among their co-workers.

Know the symptoms of these HRIs and the steps to take when they occur.

Heat stroke is a Medical Emergency! It can be fatal or cause permanent disability. Signs and symptoms of heat stroke include high body temperature; confusion; loss of coordination; hot, dry skin or profuse sweating; throbbing headache; and seizures or coma. Dial 911. Move the worker to a cool, shaded area. Cool the worker quickly with a cold water or ice bath if possible. Remove their outer clothing and apply iced bedsheets or cooling packs to their chest, armpits, and groin. Continue cooling the worker until EMS arrives, unless the worker is shivering.

Heat exhaustion is the body’s response to excessive dehydration and loss of electrolytes and can quickly progress to heat stroke. Signs and symptoms include a rapid heart rate; excessive sweating; extreme weakness or fatigue; dizziness; nausea, vomiting; irritability; rapid, shallow breathing; and a slightly elevated body temperature. Move the worker to rest in a cool area. Loosen their clothing. Encourage them to drink plenty of water or other cool beverages. If facilities are available, allow them to take a cool shower, bath, or sponge bath. Call 911 if the worker’s condition worsens or if there is no improvement within 15 minutes.

Heat cramps affect workers who sweat a lot during strenuous activity. Symptoms of heat cramps include muscle cramps, pain, or spasms in the abdomen, arms or legs. Have the affected worker stop all activity and sit in a cool place. Encourage them to drink clear juice or a sports beverage, or drink water with food. Avoid salt tablets. Do not allow the worker to engage in strenuous work for a few hours after the cramps subside. Seek medical attention if the worker has heart problems, is on a low-sodium diet, or if their cramps do not subside within one hour.

Trench Safety Stand Down scheduled for June 14-18

As part of [Trench Safety Month](#), the National Utility Contractors Association, in conjunction with OSHA, is urging employers involved in trench work to participate in the sixth annual [Trench Safety Stand Down](#). Set to take place June 14-18, the event is intended to raise awareness of the dangers of trenching and excavation while highlighting the use of protective systems such as sloping, shoring and shielding. OSHA’s standard for trenching and excavation ([29 CFR 1926.650, Subpart P](#)) requires protective systems for trenches

that are 5 feet or deeper, unless the excavation occurs in stable rock. According to OSHA, trench collapses claim the lives of two workers each month.

NUCA and OSHA are providing free online tools for the event, such as posters, checklists, fact sheets and videos. Additionally, NUCA and United Rentals are collaborating on a [webinar series](#) throughout the week. “NUCA and the utility construction industry members seek out every measure possible to reduce risks on our jobsites, which we all know can be a dangerous place to work if someone is unaware of its hazards,” the association says in a press release. NUCA encourages the use of the hashtag [#TrenchSafetyMonth](#) on social media to promote the stand-down and other related events throughout June.

Safety Initiative Goals:

As an AGC Nebraska Building Chapter member, are you participating with:

- 100% of all AGC members and other contractors on AGC jobsites enforcing OSHA standards as they apply to falls, electrical safety and possible another topic.
- 100% of all AGC members will have set their own company goals to improve safety in their firm and have a way to measure progress towards the goal.
- 100% of all AGC members will encourage and support all contractors on their jobsites to set their own company goals for improving safety.

Team member safety is our top priority. Thanks for your contributions to making the workplace safe.