



# Summer Weather Safety Webinar

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# Agenda | Warm Weather Introduction and Preparedness

1. Overview
2. Standards
3. Warm Weather Overview
4. Heat Stress
5. Heat Stroke vs. Heat Stress
6. Engineering Controls
7. Warm Weather safe work practices
8. Warm Weather Garment Selections (Indoor vs. Outdoor)
9. Safety Tips for workers
10. Warm Weather Products available at Airgas



# Working in Outdoor and Indoor Heat Environments

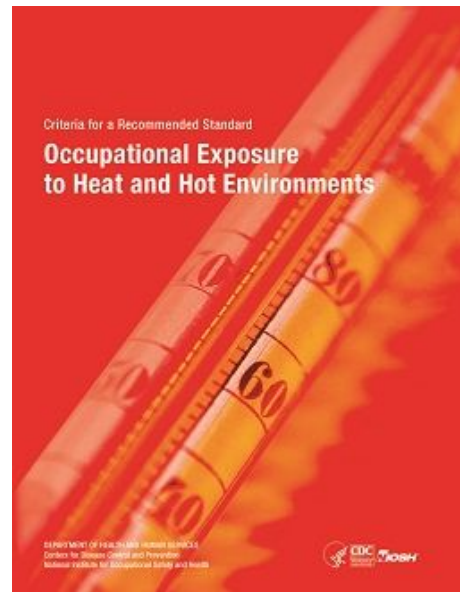
- Outdoor work requires proper preparation, especially in warm weather conditions.
- Millions of U.S. workers are exposed to heat in their workplaces.
- Although illness from exposure to heat is preventable, every year, thousands become sick from occupational heat exposure, and some cases are fatal.
- Most outdoor fatalities, 50% to 70%, occur in the first few days of working in warm or hot environments because the body needs to build a tolerance to the heat gradually over time.
- The process of building tolerance is called heat acclimatization.
- Lack of acclimatization represents a major risk factor for fatal outcomes.



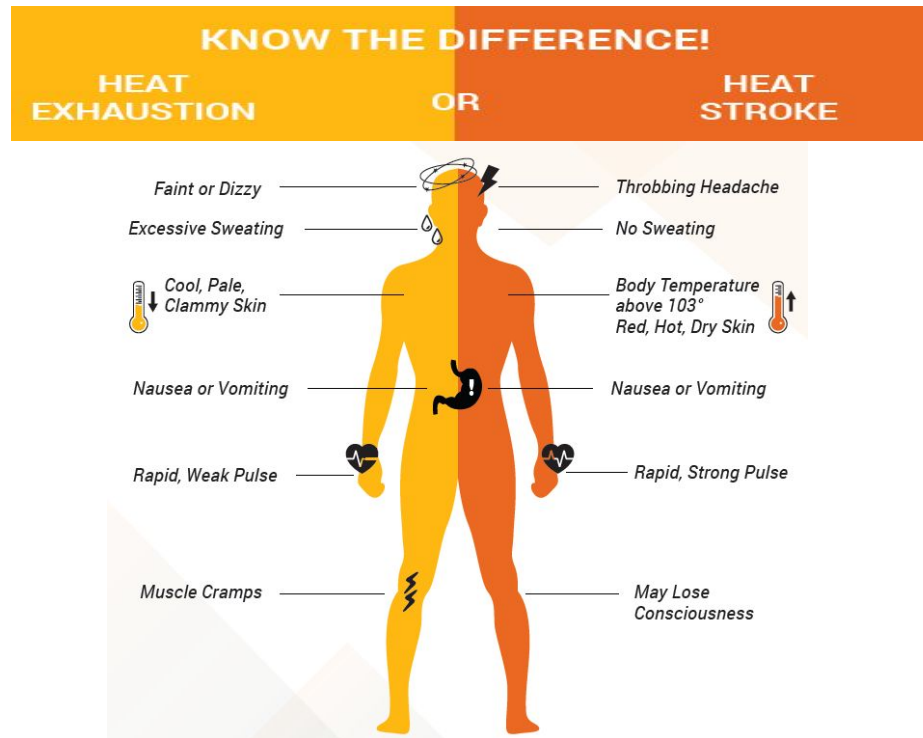
# Heat Stress – OSHA & NIOSH

- Although OSHA does not have a specific standard that covers working in excessive heat environments, employers have a responsibility to provide workers with employment and a place of employment which are free from recognized hazards, including warm weather related hazards, which are causing or are likely to cause death or serious physical harm to them (Section 5(a)(1) of the Occupational Safety and Health Act of 1970).
- Employers should, therefore, train workers on the possible heat related hazards of the job and safety measures to use, such as engineering controls and safe work practices, that will protect workers' safety and health deferring to NIOSH recommendations.

## NIOSH's Recommended Heat Standard



# What are Heat Related Illnesses ?



**KNOW THE DIFFERENCE!**

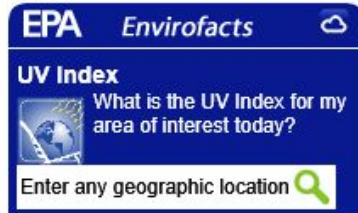
HEAT EXHAUSTION	OR	HEAT STROKE
<ul style="list-style-type: none"><li>• Get to a cooler, air conditioned place</li><li>• Sip water if fully conscious</li><li>• Take a cool shower or use cold compresses</li><li>• Lie down, loosen clothing</li></ul>		<b>CALL 9-1-1</b> Take immediate action to cool the person until help arrives

# 5 Safety Tips for Heat Stroke Awareness

Heat stroke is the most serious heat-related illness.

Knowing how to prevent, spot, and treat heat stroke is vital for a safe workplace.

- Control work conditions and practices
- Schedule smart
- Provide training
- Watch for signs of heat stroke
- Do not delay medical treatment



[EPA U.V. \(ultraviolet\) index](#)



**NATIONAL WEATHER SERVICE**  
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION



[NOAA Weather Heat Notices](#)

# Warm Weather Prevention Steps & Possible Engineering Controls

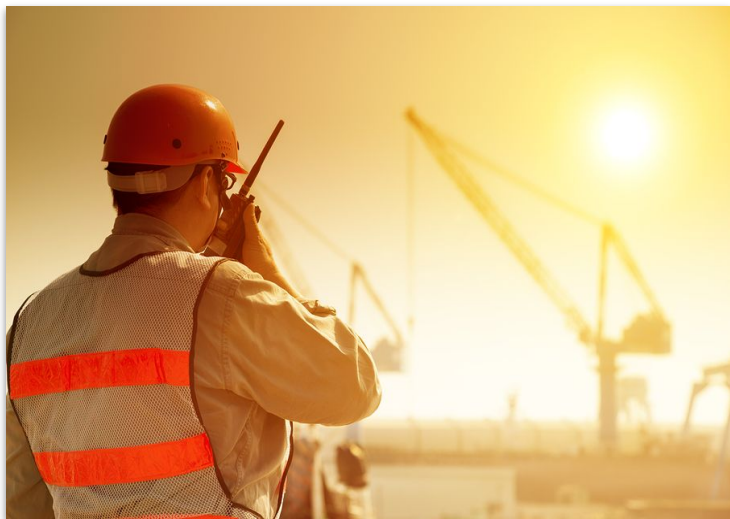
- Recognize the symptoms of heat stress to prevent heat stress injuries and illnesses
- Self-monitoring and monitoring coworkers for symptoms in excessive heat
- Always call for medical assistance in a heat-induced emergency
- Select proper clothing for warm or excessive heat environments
- Employers may use engineering controls to help protect workers from other summer weather related hazards, for example:





# Warm Weather Safe Work Practices

Let's discuss some safe work practices that employers can implement to help protect workers from heat related injuries, illnesses and fatalities





# Dressing Properly for Excessive Heat | Indoors

- If possible, opt for lightweight, light-colored and loose fitting clothing.
- Flowing garments allows air circulation and light colored fabrics reflect light and heat.
- This will keep you cooler, but remain cognizant of any possible snag hazards due to loose fitting garments.
- If possible select a garment made with natural fiber fabrics; cotton, linen and silk work best in absorbing sweat and allow the skin to breath.
- Synthetic fiber retain heat and poorly absorb sweat, increasing your body temperature.
- Avoid dark colored heavy restrictive fabrics and clothing.



# Dressing Properly for Excessive Heat | **Outdoors**

- Wear clothes that cover as much skin as possible to protect against permanent skin damage.
- Wear long sleeves, and pants in a light-weight, loose fitting fabric to provide protection for the sun.
- Wear a well-vented, wide-brimmed hat to protect your face, head, neck and ears from the sun. Avoid peaked caps.
- Sunglasses should be worn & sunblock should be applied to any exposed skin.
- If you wear heavy clothes for protective reasons during hot weather (ergo - Labor intensive job tasks requiring such garments), Remove them as soon as possible once the job task is completed and move to a cooler area.

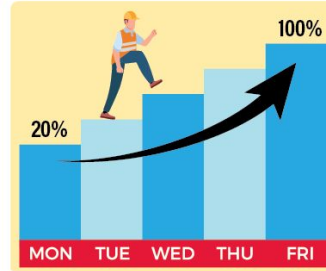




# Prevent Heat Illness at Work



*The work can't get done without them.*



**Ease into Work.** Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

Build a tolerance to heat by increasing intensity by 20% each day.



**Drink cool water even if you are not thirsty**



**Rest for long enough to recover from the heat**



**Take breaks in a shady or cool area**



**Wear a hat and dress for the heat**



**Watch out for each other**



**Verbally check on workers wearing face coverings**



# Heat illness signs and symptoms

Watch for signs of heat illness and act quickly. When in doubt, call 911.

## If a worker experiences:

Headache or nausea  
Weakness or dizziness  
Heavy sweating or hot, dry skin  
Elevated body temperature  
Thirst  
Decreased urine output

## Take these actions:

- » Give cool water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care (if needed)





# Heat exposure can be dangerous

## Signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

## Take these actions

- 1** » CALL 911 IMMEDIATELY
- 2** » COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
- 3** » STAY WITH THE WORKER UNTIL HELP ARRIVES



**WATER.  
REST.  
SHADE.**

*The work can't get done without them.*



**OSHA**  
Occupational Safety  
and Health Administration

U.S. DEPARTMENT OF LABOR | 1-800-321-OSHA | TTY 1-877-889-5627 | www.osha.gov





## Warm Weather Products Available at Airgas

### Cooling Towels



#### **RADNOR® BLUE PVA COOLING TOWEL**

- Advanced PVA cooling technology, 2mm thick
- Super-evaporative, feels cooler than ambient air
- Activates fast and easy - run under water
- Remains cool for up to 4 hours
- Machine washable

### Cooling Bandanas



#### **RADNOR® PVA COOLING BANDANA**

- Bandana/headband - tie closure
- Advanced PVA material activates easily and quickly
- Reusable, just rewet to reactivate
- Super-evaporative cooling process keeps you cool
- Remains cool for up to 4 hours

### Cooling Gaiters

#### **RADNOR™ Cooling Multi-purpose Gaiter**

- This multi-purpose cooling gaiter offers head and face protection from the sun, dust and flying debris, as well as cooling relief. It features UPF 50+ protection against the sun's harmful rays when working outside.



- **Part No:** RAD64055510, Blue  
RAD64055511, Hi-Viz Green



# Warm Weather Products Available at Airgas



## PIP® Anser® Fogless® 3Sixty™ Coated Anti-fog Glasses

- Lightweight, semi-rimless design provides all-day user comfort
- FogLess® 3Sixty™ enhanced hydrophobic action resists lens fogging and provides clear vision in extreme working conditions
- Meets ANSI Z87.1+

21, Gray Lens



**EZ-Cool®**  
Plus Evaporative HI-Vis Cooling Neck  
Shade  
**396-EZ210**

- Hard Hat Evaporative Cooling Neck Shade
- ANSI HI-Vis Lime Yellow
- 1-2 Minute Activation
- 5-10 Hours of Cooling Relief
- One Size
- SIZE: OS
- PACKED: 50/Case
- STOCK TYPE: Stock

## EZ-Cool

Cooling Sleeves  
**391-EZ275**

- DUAL SIZING: M-2XL



## PIP®

Ranger Hat  
**350-RANGER**

- Hi-Visibility Ranger Style Hat
- ANSI Compliant Material and Contrast Tape
- Yellow
- SIZE: OS
- PACKED: 50/Case
- STOCK TYPE: Stock



## EZ-Cool®

Hi-Vis Hard Hat Visor and Neck Shade  
**396-800**

- EZ-Cool Hard Hat Visor
- Hi-Vis Yellow
- Elastic Back
- Silver Reflective Tape on back
- SIZE: OS
- PACKED: 144/Case
- STOCK TYPE: Stock



Deb 100 ml Tube White Stokoderm® PURE  
Scented Sunscreen SPF 30 Sunscreen

Airgas Part #: D63SUN100ML



## Ergodyne® Chill-Its® 6715CT PVA Cooling Hard Hat Pad with Cooling Towel



- PVA material activates easily and quickly when run underwater for one minute
- Hook and loop closures allow convenient attachment to hard hat suspension
- Reusable, just re-wet
- **Part No:** E5712597

## Ergodyne® Lime Chill-Its® 6665 Nylon Cooling Vest



- Quilted nylon outer layer
- Water-repellent liner and black cotton-poly elastic trim
- Soak in cold water, and enjoy cooling relief and comfort
- **Sizes:** M-2XLarge
- **Part No:** E5712533 thru E5712536



# Warm Weather Products Available at Airgas



## Squwincher® ZERO qwikSTIK® 20 oz Packets, Assorted Flavors



- No sugar and low calories, but still the great taste and added benefits of the optimal balance of necessary electrolytes – specially formulated for the industrial worker
- **Flavors:** Orange, Fruit Punch, Mixed Berry, and Strawberry-Lemonade
- Sold by the case  
(200 pkts of 50 each of 4 flavors)
- **Part No:** KPG159060119

## Squwincher® 24 oz Clear Polar Insulated Bottle

- Convenient insulated drinking bottle to mix and keep your Squwincher drinks cool
- **Part No:** KPG158300299



1 case = 15 bags of 10 freezer pops. Freezer style and model may vary from image shown.

## Grab a FREE FREEzer from Squwincher®

**Purchase 60 cases of any variety of the qualifying Squwincher® Squeezer® freezer pops and receive a FREE 7 cu. ft. freezer.**

Qualifying Squwincher® Squeezer® 3 oz yield freezer pops:

- **Part No:** KPG159200201 Assorted Flavors (regular formula)
- **Part No:** KPG159200231 Assorted Flavors ZERO (sugar free)



1 case = 12 bags of 8 sticks

## 132 FREE Squwincher® Sports Bottles

**Purchase 24 cases of Everlyte® 20 oz yield powder sticks and receive 132 Squwincher® 21 oz sports bottles.**

**Purchase MUST consist of 6 cases of EACH stick pack SKU listed.**

- **Part No:** KPG159060280 Grape
- **Part No:** KPG159060281 Orange
- **Part No:** KPG159060282 Fruit Punch
- **Part No:** KPG159060283 Lemon-Lime

# Warm Weather Products Available with Airgas



## EZ-COOL® MAX COOLING SLEEVES

- Wear wet for cooling or dry for moisture wicking comfort
- Natural evaporation provides a cooling effect delivering comfort in warm environments
- Simply activate cooling by running under cool water
- Cooling can be accelerated by waving towel in the air when wet
- Breathable stretch knit material and provides light abrasion protection
- UPF 40+ blocks harmful UV rays
- Chemical free
- Can be worn with or without using thumbhole

ITEM NUMBER	COLOR	SIZE
PIP391-EZ275	■ Neon Yellow	M-2X



## CLIMA-BAND™ HEAD COVER

- Hi-performance moisture wicking seamless stretch fabric
- Quick drying
- Resists wind, sun and dust
- Anti-odor treatment
- Can be worn in multiple ways on the neck, face, head and wrist

ITEM NUMBER	COLOR	SIZE
PIP393-200-LY	■ Neon Yellow	OS



## PIP® ANSI TYPE R CLASS 2 SHORT SLEEVE T-SHIRT WITH 50+ UPF SUN PROTECTION

- 100% Polyester Birdseye Mesh
- Durable lightweight performance wicking fabric
- Enhanced with UPF 50+ protection
- 2" silver reflective tape
- 1 upper left chest pocket
- Black bottom helps hide dirt

ITEM NUMBER	COLOR	SIZE
PIP312-1250B	■ Hi-Vis Yellow	S-6X
PIP312-1250B	■ Hi-Vis Orange	S-6X

# Presentation References & Content Citations

## OSHA online @:

- [www.osha.gov/SLTC/heatstress/index.html](https://www.osha.gov/SLTC/heatstress/index.html)
- [www.osha.gov/heat/index.html](https://www.osha.gov/heat/index.html)
- [www.osha.gov/dts/osta/otm/otm\\_iii/otm\\_iii\\_4.html](https://www.osha.gov/dts/osta/otm/otm_iii/otm_iii_4.html)

## NIOSH, CDC, Red Cross Online @:

- [www.cdc.gov/niosh/topics/heatstress/](https://www.cdc.gov/niosh/topics/heatstress/)
- [www.cdc.gov/disasters/extremeheat/heattips.html](https://www.cdc.gov/disasters/extremeheat/heattips.html)
- [www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_\\_Disaster\\_Recovery/Disaster\\_Preparedness/Heat\\_Wave/HeatWave.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness__Disaster_Recovery/Disaster_Preparedness/Heat_Wave/HeatWave.pdf)



# Sharing our success

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**Would anyone like to share a heat stress-related success story in the workplace?**



# Prevent Heat Illness at Work

**Outdoor** and **indoor**  
heat exposure  
can be dangerous.

# Thank you

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