

**OPERATORS ROUND TABLE
DU PAGE PUMPING STATION
July 19, 2019
9:00 AM**

Status of DuPage Water Commission

The Commission's sales for the month of June were a total of 2.19 billion gallons. This represents an average day demand of 73.0 million gallons per day (MGD), which is lower than the June 2018 average day demand of 76.8 MGD. The maximum day demand was 81.0 MGD recorded on June 26, 2019, which is lower than the June 2018 maximum day demand of 88.3 MGD. The minimum day flow was 66.8 MGD.

The Commission's recorded total precipitation for the month of June was 3.05 inches compared to 7.63 inches for June 2018. The level of Lake Michigan for June 2019 is 581.8 (Feet IGLD 1985) compared to 580.7 (Feet IGLD 1985) for June of 2018.

Water Conservation

Ongoing: Staff worked with the Villages of Clarendon Hills and Westmont on the design of the Richmond Education Gardens & Apiary underground cistern system that the Commission helped sponsor. The Village of Westmont's contractor is scheduled to start and complete the concrete work this summer. Concrete pouring will be starting in the next few weeks for the permeable pavers. Brick will likely be installed early fall. All underground work, including the installation of the cistern, has been completed.

A SCARCE teacher tour and presentation was held on June 24th. A memo regarding this can be found on dpwc.org.

Bartlett Water Service

Benchmark is working on restoration and punch-list items for the TW-3 pipeline project.

J.J. Henderson and Sons, Inc. is working on punch-list items and some O&M documentation for the Bartlett Meter Station.

R-23-19 appears on the agenda seeking approval of Amendment No. 1 to Task Order No. 1 for additional engineering services related to the Bartlett Metering Station project. The additional engineering includes extra document reviews, development or record drawings and operation and maintenance manuals. A portion of the excess engineering expense will be recouped from the Contractor, JJ Henderson.

Pipeline Maintenance

Pipeline staff also continues inspection and repair work on distribution system blow off valves.

Capital Improvement Program

Ongoing: CDM Smith, Inc. continues engineering services for DuPage Pump Station and Administration Buildings rehabilitation which includes replacement of the Curtain Wall, replacement of the walls which surround the Commonwealth Edison Yard, and to remediate groundwater penetration through the West Discharge Tunnel. The design process is approximately 30% complete.

Ongoing: Greeley and Hansen Engineers continues engineering services for DuPage Pump Station Disinfection Facilities rehabilitation which includes replacement and upgrading of chemical storage and feed equipment, containment finishes, process piping, and wall finishes which are deteriorating naturally due to age and environmental conditions. The design process is approximately 90% complete.

Ongoing: Knight E/A. Inc. continues engineering services for DuPage Pump Generation Facilities HVAC which includes upgrading of Equipment Room and Mechanical Room cooling, adding humidification to workspaces and modifying rooftop access for maintenance purposes. The design process is approximately 90% complete.

Ongoing: Strand Associates, Inc. continues engineering services for Tank Site and Meter Station site rehabilitation which includes replacement and safety upgrading of control vault structures, improve overland drainage, rehabilitate and improve security fencing and the rehabilitation and addition of paved surfaces. The design process is approximately 90% complete.

Instrumentation / Remote Facilities Overview

Instrumentation staff continues with routine inspections and repairs of remote facilities.

Resolution R-25-19 appears on the agenda requesting approval of Work Authorization Order No. 011 under the Quick Response Electrical Contract QRE-8/17, to Volt Electric, Inc. for the work necessary to relocate the Commission's SCADA antenna on the Village of Willowbrook water standpipe. The Commission's antenna has been located on the Willowbrook standpipe for some time and relocating the antenna should improve communications.

Security

The Commission has begun a review and update to the VA to incorporate new facilities and updates to the system since 2003. The Commission will incorporate all the requirements included in the America's Water Infrastructure Act (**AWIA**) signed by the President on October 23, 2018. It should be noted that the USEPA is planning to publish guidelines to assist water systems to be in conformance with the AWIA in August 2019.

The Commission has completed the installation of new electronic padlocks and door locks at all the Commission remote facilities. The commission has completed working on replacing the locks at the Elmhurst Pump Station.

It is imperative that all Commission's padlocks at the metering stations are not locked out of the loops. The Water Purchase Agreement requires the Commission to have access to all metering stations at any time.

Summer Operations

Now that the summer is here we need to start thinking about preparing our systems for the high flows of summer.

Make sure the overflow drains and vents are clean and drain properly to prevent any flooding problems.

You cannot exceed the 1.7 times allocation.

You must take water at a constant rate.

If you need to take additional water, you can exceed the 1.7 times allocation between 00:00 and 06:00. Try to have your storage reservoirs filled by 06:00.

Manhole lids and frames are in place and at the correct elevation. Catch basins are clean.

Make sure your employees take the proper safety precautions when working in summer conditions, (Heat, Sunburn, Weeds, stinging or biting Insects, Sudden Storms, and Dehydration)

Meter Testing

Annual Customer Meter Calibration Program

The Becon customer portal is completed and up and running.

The commission is updating the test rack PLC to interface with the new Sensus meters. This process will be completed by the end of August.

The Commission is available to test the large customer meters. We can test 6" 8" and 10" turbine meters. Please contact John Schori at (630) 834-0100 if you have any questions concerning this service.

Regulations

Consumer Confidence Report (CCR) should have been sent out to customers by July 1, 2019, Certification of CCR's need to be sent to the IEPA by October 1, 2019. Please send a copy of your CCR to the Commission.

The proposed changes to the minimum chlorine residual are under review and there is no time limit as of now.

Water Quality

The Commission is not feeding chlorine at this time.

Water Rates

Water rate for 2019 \$4.97/1000 gallons

The Commission has budgeted a \$0.03/1000-gallon increase that went into effect May 1, 2019.

Other

A discussion about the information requested by the IDNR ensued in which it was reported that Jay Kessen would be participating at the Water Loss Summit to be held on September 10, 2019 in Lombard.

The Commission invites you to view all Committee and Commission Agendas which can be found on our website at www.dpwc.org.

Please contact the Commission with any changes in water department personnel, phone and/or pager numbers. This is an important part of our ERP for system emergency purposes.

Please provide the Commission with a valid e-mail address. All meeting minutes will be distributed via e-mail.

The next Operators Round Table will be October 18, 2019 at 9:00 A.M. or before if events warrant.

AWWA

Sunday, July 21, 2019

Joliet Grand Slam Water Day at the Joliet Slammers

7/21/2019

Location: Joliet, Illinois Time: 1:05 PM

Tuesday, July 30, 2019

7/30/19 Technology Sub-Committee Sponsored America's Water Infrastructure Act (AWIA) Overview Webina

7/30/2019

Time: 12:00 pm

Wednesday, August 7, 2019

08/07/19 - Cybersecurity Awareness for Utilities (Norridge)

IEPA#13636

8/7/2019

Location: Norridge, Illinois Time: Registration at 7:30 AM

Thursday, August 8, 2019

08/08/19 - Water Main Service Line & Street Light Location-Hands On (Norridge) IEPA#13372

8/8/2019

Location: Norridge, Illinois Time: Registration at 7:30 AM

Tuesday, August 20, 2019

08/20/19 - Excavating & Shoring Safety (Plainfield) IEPA#13513

8/20/2019

Location: Plainfield, Illinois Time: Registration at 7:30 AM

Wednesday, August 21, 2019

08/21/19-08/22/19 - Water Dist System O&M-Class C/D-2 day (St. Charles) IEPA#13647

8/21/2019 » 8/22/2019

Location: St. Charles, Illinois Time: Registration at 7:30 AM

08/21/19 - SCADA 202 - PLCs, Controllers & I/O (Kankakee)

IEPA#13598

8/21/2019

Location: Kankakee, Illinois Time: Registration at 7:30 AM

08/21/19 Addressing Cybersecurity & Supply Chain Risks for Public Water Systems Webinar IEPA #14269

8/21/2019

Time: 12:00 pm

No Water No Beer Event - HQ Beercade

8/21/2019

Location: Chicago, Illinois

Tuesday, August 27, 2019

08/27/19 - Design O&M Surface Water Trtmt Equip & Lime Softening Plant Tour (Aurora)IEPA#13626

8/27/2019

Location: Aurora, Illinois Time: Registration at 7:30 AM

Thursday, August 29, 2019

08/29/19 - Control Valves (Park Forest) IEPA#13536

8/29/2019

Location: Park Forest, Illinois Time: Registration at 7:30 AM

Thursday, September 5, 2019

09/05/19 - Certified Flagger (Westmont) IEPA#13590

9/5/2019

Location: Westmont, Illinois Time: Registration begins at 7:30am

Tuesday, September 10, 2019

09/10/19 - Water Loss (Lombard) IEPA#13634 - 13645-13646

9/10/2019

Location: Lombard, Illinois Time: Registration at 7:30 AM

Questions & Answers

If you have any comments concerning these issues or would like to have a topic discussed at the next Round Table Meeting, please feel free to email me at mcghee@dpwc.org.

Handouts:

1. DuPage Laboratory Bench Sheet for April 2019, May 2019, and June 2019
2. 10 Hot Weather Safety Tips for Construction
3. Working in Hot Conditions
4. Working Safely in Hot Weather

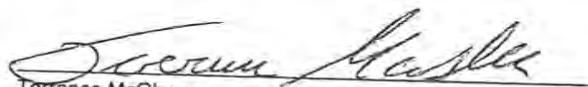
Village of Addison	Village of Itasca
James Russo	
Argonne Labs	Village of Lisle
	John Valenti
Village of Bartlett	Village of Lombard
	Brian Jack
Village of Bensenville	City of Naperville
	Pat O'Malley
	Joseph King
Village of Bloomingdale	Village of Oak Brook
Village of Carol Stream	City of Oak Brook Terrace
Village of Clarendon Hills	Village of Roselle
Joe Ferrel	Mike Schulz
Collin Franco	
City of Darien	Village of Schaumburg
City of Darien	Village of Villa Park
Village of Downers Grove	Village of Westmont
Jim Joers	Brian Beusse
DuPage County	City of Wheaton
City of Elmhurst	Village of Willow brook
Dan Rosenwinkel	Joe Coons
	Andrew Passero
Village of Glendale Heights	Village of Winfield
Jeff McCumber	
Village of Glen Ellyn	City of Wood Dale
John Hubsy	
Village of Hinsdale	Village of Woodridge
	Mike Kaczmarek
Illinois American	

DUPAGE WATER COMMISSION LABORATORY BENCH SHEET
MONTHLY REPORT FOR APRIL 2019

LEXINGTON SUPPLY

DUPAGE DISCHARGE

DAY	LEXINGTON SUPPLY		DUPAGE DISCHARGE		TEMP °F	pH	Fluoride	PO ₄ mg/l	P.A.C. LBS/MG	ANALYST INT	
	FREE CL ₂ mg/l	TURBIDITY NTU	PO ₄ mg/l	FREE CL ₂ mg/l							TURBIDITY NTU
1	0.94	0.06	0.53	0.80	0.10	53	7.8	0.8	0.56	0	KD
2	0.96	0.06	0.55	0.82	0.10	53	7.8	0.9	0.55	0	KD
3	1.00	0.06	0.54	0.84	0.10	54	7.8	0.8	0.57	0	KD
4	1.00	0.07	0.56	0.84	0.10	53	7.8	0.9	0.54	0	AM
5	1.00	0.07	0.56	0.77	0.10	54	7.8	0.8	0.56	0	AM
6	1.00	0.07	0.55	0.75	0.11	54	7.8	0.8	0.55	0	KD
7	1.00	0.07	0.56	0.78	0.09	55	7.8	0.9	0.52	0	KD
8	0.95	0.07	0.54	0.81	0.10	53	7.8	0.9	0.57	0	AM
9	0.98	0.08	0.51	0.80	0.10	53	7.8	0.8	0.53	0	AM
10	0.99	0.07	0.52	0.81	0.10	54	7.8	0.9	0.54	0	KD
11	0.92	0.06	0.54	0.73	0.10	53	7.8	0.9	0.54	0	KD
12	0.92	0.09	0.59	0.74	0.09	52	7.8	0.9	0.53	0	KD
13	0.95	0.09	0.54	0.80	0.09	53	7.8	1.0	0.56	0	CT
14	0.95	0.06	0.54	0.81	0.09	54	7.9	1.0	0.56	0	CT
15	0.93	0.06	0.54	0.81	0.10	54	7.8	0.9	0.56	0	KD
16	0.92	0.07	0.58	0.82	0.09	53	7.9	0.9	0.58	0	KD
17	0.96	0.06	0.55	0.84	0.09	53	7.7	0.9	0.57	0	CT
18	1.00	0.06	0.53	0.82	0.09	55	7.7	0.9	0.60	0	CT
19	0.92	0.06	0.56	0.84	0.11	56	7.7	0.9	0.54	0	CT
20	0.96	0.06	0.57	0.97	0.06	55	7.7	1.0	0.56	0	RC
21	1.00	0.06	0.60	0.92	0.05	55	7.7	0.9	0.61	0	RC
22	0.94	0.06	0.55	0.80	0.07	53	7.7	0.9	0.57	0	CT
23	0.94	0.08	0.60	0.82	0.08	51	7.7	0.9	0.58	0	CT
24	1.00	0.06	0.57	0.97	0.07	50	7.7	1.0	0.55	0	RC
25	0.89	0.06	0.58	0.88	0.07	51	7.7	1.0	0.55	0	RC
26	0.88	0.06	0.55	0.82	0.06	52	7.7	0.9	0.59	0	RC
27	0.95	0.06	0.53	0.84	0.07	52	7.7	1.0	0.53	0	CT
28	0.90	0.09	0.53	0.82	0.09	52	7.7	0.9	0.54	0	CT
29	0.96	0.07	0.56	0.91	0.08	52	7.7	1.0	0.54	0	RC
30	0.95	0.09	0.54	0.92	0.06	53	7.7	1.0	0.54	0	RC
AVG	0.96	0.07	0.55	0.83	0.09	53	7.8	0.9	0.56	0	
MAX	1.00	0.09	0.60	0.97	0.11	56	7.9	1.0	0.61	0	
MIN	0.88	0.06	0.51	0.73	0.05	50	7.7	0.8	0.52	0	


Terrance McGhee
Manager of Water Operations

EPA0519

DUPAGE WATER COMMISSION LABORATORY BENCH SHEET
MONTHLY REPORT FOR MAY 2019

LEXINGTON SUPPLY

DUPAGE DISCHARGE

DAY	FREE CL ₂ mg/l	TURBIDITY NTU	PO ₄ mg/l	FREE CL ₂ mg/l	TURBIDITY NTU	TEMP °F	pH	Fluoride	PO ₄ mg/l	P.A.C. LBS/MG	ANALYST INT
1	0.89	0.05	0.59	0.85	0.05	52	7.7	0.9	0.55	0	RC
2	0.86	0.06	0.56	0.83	0.08	52	7.7	0.8	0.54	0	KD
3	0.85	0.05	0.56	0.85	0.08	52	7.8	0.8	0.55	0	KD
4	0.88	0.06	0.57	0.90	0.05	53	7.7	1.0	0.53	0	RC
5	1.02	0.06	0.56	0.80	0.08	53	7.7	1.0	0.54	0	RC
6	0.94	0.06	0.58	0.81	0.06	53	7.8	0.9	0.56	0	CT
7	0.89	0.06	0.53	0.83	0.09	52	7.8	0.9	0.55	0	CT
8	0.89	0.07	0.60	0.82	0.07	52	7.6	1.0	0.57	0	RC
9	0.92	0.05	0.59	0.92	0.06	53	7.6	1.0	0.58	0	RC
10	0.86	0.05	0.57	0.86	0.06	53	7.7	0.9	0.57	0	RC
11	0.90	0.07	0.59	0.86	0.07	53	7.7	0.9	0.57	0	AM
12	0.91	0.07	0.52	0.84	0.07	53	7.7	0.9	0.60	0	AM
13	0.85	0.05	0.56	0.83	0.06	57	7.7	0.9	0.57	0	RC
14	0.93	0.05	0.58	0.87	0.07	56	7.7	0.8	0.57	0	RC
15	0.90	0.06	0.57	0.86	0.07	57	7.7	0.9	0.56	0	AM
16	0.96	0.07	0.52	0.83	0.08	56	7.7	0.8	0.57	0	AM
17	0.91	0.07	0.58	0.80	0.09	56	7.7	0.9	0.57	0	AM
18	0.89	0.08	0.58	0.84	0.09	56	7.7	0.9	0.58	0	AM
19	0.95	0.05	0.56	0.84	0.07	58	7.7	0.9	0.59	0	CT
20	0.90	0.06	0.54	0.82	0.08	57	7.7	1.0	0.58	0	AM
21	0.87	0.05	0.58	0.84	0.08	56	7.6	0.9	0.53	0	AM
22	0.86	0.06	0.59	0.80	0.08	56	7.6	0.9	0.53	0	KD
23	1.00	0.06	0.53	0.86	0.07	57	7.7	0.8	0.57	0	KD
24	0.87	0.06	0.55	0.84	0.07	57	7.7	0.9	0.56	0	KD
25	0.96	0.06	0.56	0.83	0.08	57	7.7	0.8	0.56	0	AM
26	1.00	0.07	0.54	0.86	0.09	57	7.7	0.8	0.54	0	AM
27	0.98	0.06	0.54	0.82	0.09	57	7.7	0.8	0.56	0	KD
28	0.98	0.06	0.55	0.85	0.07	57	7.7	0.8	0.55	0	CT
29	0.93	0.06	0.58	0.81	0.07	57	7.6	0.8	0.55	0	AM
30	0.90	0.06	0.56	0.80	0.08	57	7.6	0.8	0.54	0	AM
31	0.86	0.07	0.58	0.84	0.08	58	7.6	0.9	0.50	0	AM
AVG	0.91	0.06	0.56	0.84	0.07	55	7.7	0.9	0.56	0	
MAX	1.02	0.08	0.60	0.92	0.09	58	7.8	1.0	0.60	0	
MIN	0.85	0.05	0.52	0.80	0.05	52	7.6	0.8	0.50	0	



Terrance McGhee
Manager of Water Operations

DUPAGE WATER COMMISSION LABORATORY BENCH SHEET
MONTHLY REPORT FOR JUNE 2019

LEXINGTON SUPPLY

DUPAGE DISCHARGE

DAY	FREE CL ₂	TURBIDITY	PO ₄	FREE CL ₂	TURBIDITY	TEMP	pH	Fluoride	PO ₄	P.A.C.	ANALYST
	mg/l	NTU	mg/l	mg/l	NTU				°F	mg/l	
1	0.87	0.08	0.50	0.76	0.07	58	7.6	0.9	0.51	0	AM
2	0.94	0.07	0.53	0.76	0.07	58	7.7	0.9	0.51	0	CT
3	0.84	0.08	0.54	0.77	0.08	58	7.6	0.9	0.52	0	AM
4	0.87	0.08	0.57	0.79	0.09	59	7.6	0.8	0.56	0	AM
5	0.92	0.05	0.54	0.75	0.06	60	7.6	0.9	0.57	0	KD
6	0.95	0.07	0.54	0.79	0.07	60	7.6	0.9	0.56	0	KD
7	1.00	0.06	0.55	0.75	0.08	60	7.7	0.8	0.57	0	KD
8	0.98	0.05	0.51	0.75	0.06	61	7.7	0.8	0.59	0	CT
9	0.99	0.05	0.52	0.86	0.07	61	7.7	0.8	0.57	0	CT
10	0.94	0.05	0.57	0.76	0.08	61	7.7	0.9	0.55	0	CT
11	0.96	0.06	0.56	0.75	0.08	61	7.7	0.8	0.56	0	AM
12	0.98	0.05	0.54	0.76	0.06	61	7.7	0.9	0.60	0	CT
13	0.90	0.07	0.53	0.77	0.07	61	7.7	0.9	0.57	0	CT
14	0.87	0.09	0.57	0.87	0.07	61	7.7	1.0	0.54	0	RC
15	0.86	0.06	0.54	0.80	0.07	61	7.7	0.9	0.56	0	RC
16	0.89	0.06	0.53	0.82	0.08	61	7.7	0.8	0.56	0	RC
17	0.88	0.07	0.57	0.84	0.07	62	7.7	0.9	0.55	0	RC
18	0.93	0.08	0.56	0.83	0.09	62	7.7	0.9	0.57	0	RC
19	0.96	0.07	0.56	0.86	0.08	62	7.7	0.9	0.56	0	RC
20	0.87	0.08	0.57	0.80	0.09	62	7.7	0.8	0.53	0	RC
21	0.85	0.07	0.54	0.78	0.09	62	7.7	0.9	0.57	0	RC
22	0.87	0.07	0.58	0.76	0.08	63	7.6	0.9	0.56	0	CT
23	1.10	0.05	0.54	0.76	0.08	62	7.6	1.0	0.53	0	CT
24	0.89	0.06	0.54	0.85	0.06	61	7.7	0.9	0.54	0	RC
25	0.92	0.06	0.57	0.88	0.08	60	7.7	0.9	0.57	0	RC
26	0.92	0.07	0.57	0.78	0.08	60	7.6	1.0	0.53	0	CT
27	0.93	0.07	0.57	0.82	0.07	60	7.6	1.0	0.56	0	CT
28	0.90	0.06	0.55	0.82	0.08	60	7.6	1.0	0.51	0	CT
29	0.95	0.07	0.57	0.87	0.06	60	7.7	0.9	0.53	0	RC
30	0.93	0.06	0.57	0.83	0.07	60	7.7	0.8	0.52	0	RC
31										0	
AVG	0.92	0.07	0.55	0.80	0.07	61	7.7	0.9	0.55	0	
MAX	1.10	0.09	0.58	0.88	0.09	63	7.7	1.0	0.60	0	
MIN	0.84	0.05	0.50	0.75	0.06	58	7.6	0.8	0.51	0	



Terrance McGhee
Manager of Water Operations

Home // Business // Construction Safety // 10 Hot-Weather Safety Tips for Construction

10 Hot-Weather Safety Tips for Construction

How to keep your crew safe when the temperature creeps above 90 degrees

BY JOHN J. MEDLA, CSP, ARM — JULY 16, 2012



FREEDIGITALPHOTOS.NET

Keeping a crew safe on a jobsite presents unique challenges when the mercury creeps above 90 degrees. Heat stress is increasingly being recognized for contributing to the rapid onset of fatigue, distraction, inattention to details and other deficiencies.

Rule No. 1 is to maintain proper hydration. This sounds logical, but there are practical challenges.

Here are some bedrock tips to share at your summer safety meeting.

1. **Hydrate.** Water is arguably the best hydrating beverage, but it's tasteless and boring. Enter the electrolytic beverages: Gatorade, Squincher, etc. Even a slice of lemon will add some taste to a cooler. These additives make plain old water more drinkable, and they also supply electrolytes to the body – sort of like what a low dose of battery acid does to a wet cell battery. The body loves it. In the old days, salt tablets were distributed, although this practice has been proven outdated. We typically eat enough junk food to replace salt lost through perspiration.
2. **Avoid designer beverages (Red Bull etc.)** because they offer minimal hydration. And avoid carbonated sodas and sugary concoctions. Iced tea is on the borderline, and anything with caffeine is a diuretic and should be avoided. Lemonade, and most citrus beverages are fine, but it's a good idea to cut them with 50% water. Try also to cut down on cigarettes. In high heat they make it harder to respire oxygen to where it needs to go.
3. **Select your lunch carefully.** Junk food is high in fat and preservative, and it's going to put a high caloric load on your digestive system. In high heat, that will stress the body. Try eating a bigger breakfast, so you're not ravenous at lunch, and light lunches, such as fruit and vegetable salads (skip the fries).
4. **Pay attention to Circadian Rhythms.** The body's internal clock that governs our sleep-wake cycle programs most humans for the day shift. But a blip on the chart called the "Post Lunch Dip" puts most humans in the mood to nap after lunch. Siesta cultures acknowledge the drop in productivity and safety every day, when the whole country basically shuts down for a nap during the hottest hours. Eating a light lunch can help minimize the afternoon slump. Conversely, bulking up at lunch can make it more pronounced. If you're running a motor grader or a working around a paving machine, we need alertness.
5. **Schedule for cooler work.** In extreme heat (ninety degrees and above), consider rescheduling to work in cooler parts of the day. Can this job be done at night, or can you modify a shift for earlier morning starts? Supervisors should watch more closely

- for indicators of fatigue and call for breaks more frequently. Going in and out of air conditioned spaces can be tricky. Change out of soaked shirts when in the AC.
6. **Bring shade.** Whenever possible, configure work in shaded areas, and use canopies or umbrellas to avoid direct sun exposures, even if only for intermittent protection. Some shade is better than none. Provide heavy duty sun-block for crew members with sensitive skin. Switch to wide-brim hard hats. MSA actually makes a lightweight visor for their wide brim hats that offers a lot of protection. Full sleeves, nape protectors, vented hard hats and cooling vests and bandanas are also on the market. Try a variety of clothing and devices and provide whatever the crew seems to like. Talk with your safety hardware vendor.
 7. **Check with your uniform supplier.** Shirts should be lighter color to reflect sun, and fabric should contain as much cotton as possible. Typical uniform shirts are mostly polyester, because they don't wear out as quickly, but they don't breathe as well. Look for new garments with engineered fabrics that actually provide a cooling effect when they absorb sweat. They are mostly found in high-end recreational and outdoor apparel stores and can be a little pricey, but they might be worth trying out with your Safety Committee. As a rule, bare-back, tank tops and other forms of designer fashion wear are not effective and should not be permitted. Sun protection is not a beauty contest.
 8. **Keep an eye on one another,** and be alert for signs of heat exhaustion. They need to know that strange behavior may be a sign of heat-related illness and to take some early steps to intervene. Early symptoms include lethargy, disorientation, stumbling, dropping tools, slurred speech or unresponsiveness. You can't have this happen around moving machinery, so it's serious stuff to manage.
 9. **Basic first aid for heat exposure** includes having the person lie down in the shade or a cooler area with feet elevated above the heart. This allows blood to flow to the brain more easily and decreases cardio loading. Remove work boots. Get some fans going to lower body temperature and provide evaporative cooling. In case of unconsciousness, call 911.
 10. **The usual progression of heat illness** is heat exhaustion to heat cramps followed by heat stroke. Heat stroke can be deadly for some folks, such as people who are already dehydrated. It's also avoidable if we manage the hot weather as well as the rest of our jobs.

CDC Resource: [Tips for Staying Cool in the Summer Heat](#)

OSHA Resource: [Preventing Occupational Heat Exposure](#)

OSHA Resource: [First Aid for Heat-Related Illness](#)

STAY SAFE WITH SOCIETY

WORKING IN HOT CONDITIONS

Heat, whether, it's inside or outside, can be a health hazard. If you don't know when enough becomes too much, you can suffer from some form of heat stress. That can be a momentary problem or something more serious ... and it can strike you down at work or play.

Heat exhaustion is a risk if you're physically active when it's hot. You'll probably get dizzy and sweaty, but it's not likely to be life-threatening.

Heat stroke is much more serious. It is also a hazard when you're physically active in hot conditions. But heat stroke can send your body temperature so high that you become unconscious. It can also put strain on your heart and blood vessels, increasing the risk for heart failure or stroke.

To reduce these health hazards, you should:

- Dress for the conditions. Wear lightweight, light-colored, loose clothing and a wide-brimmed hat. Cover as much of your body as possible.
- Apply sunscreen to exposed body parts.
- Drink plenty of fluids. Don't wait until you're thirsty. Your body is sweating out fluid, and you have to keep replacing it. Water is the best thing to drink. Avoid anything with caffeine or alcohol.
- Build up your exposure to the sun slowly and gradually. Try to stay in the shade or inside between 10 a.m. and 3 p.m., when the sun is the strongest.
- Be aware that water, concrete, and sand reflect the sun and can make it stronger.
- Eat a regular, well-balanced diet. Try to stay away from hot or heavy foods.



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This information is advisory, and it must not be assumed that it has detected all unsafe acts or conditions. This information is designed to assist you in recognizing potential safe work problems and not to establish compliance with any law, rule or regulation.

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Working Safely in Hot Weather

Workers performing activities in high temperatures and humid conditions are at risk for heat-related illness. Symptoms of heat-related illness include fainting, dizziness, nausea, and muscle spasms. Keep workers safe by following these simple safety practices.

- Provide **water, frequent rest breaks, and shade**.
- Allow time to **build a tolerance** for working in the heat.
- Offer **training** on the hazards of heat exposure and how to prevent illness.
- Develop an **emergency action plan** on what to do if a worker shows signs of heat-related illness.

OSHA has tools to help develop and maintain safe and healthful workplaces during the summer months. For more information, visit OSHA's [Water. Rest. Shade.](#) and [Occupational Heat Exposure](#) pages.

OSHA's [On-Site Consultation Program](#) provides no-cost and confidential occupational safety and health compliance assistance to small- and medium-sized businesses. Consultation services are separate from enforcement and do not result in penalties or citations. The [OSHA Training Institute Education Centers](#) offer courses for workers, employers, and managers on hazard recognition and abatement at convenient locations nationwide.



Watch OSHA's Heat Illness Prevention Campaign Video

[English](#) • [Spanish](#)

OSHA alerts are issued on occasion to draw attention to worker safety and health issues and solutions.