

North Dakota State University

Working in the Warm Weather

INTRODUCTION (Purpose and Intent)

The intent is to establish proper safety procedures and practices, as well as to promote and provide for a safer environment for students, faculty and staff.

WORKING OUTSIDE IN THE SUMMER PROTECTION GUIDELINES

UV Rays – Ultraviolet Radiation – is one form of energy coming from the sun. There are 3 types of UV rays.

- **UVA** – causes the skin ageing and wrinkles and colors the skin – gives false sense of protection from the sun.
- **UVB** – causes sunburns, cataracts, and skin cancer.
- **UVC** – most dangerous. Fortunately, these rays are blocked by the ozone layer and don't reach the earth.

WORKING IN THE SUN

HEAT STRESS is when excessive heat can place an abnormal stress on your body. The body temp rises about normal and you can experience:

- Muscle cramps
- Become weak and disoriented
- Dangerously ill
- Tiredness, irritability, inattention

FIRST AID FOR HEAT STRESS

- Drink lots of fluids
- Take frequent breaks

HEAT RASH

When you are exposed to hot and humid air and a rash develops and reduces the ability to sweat. First aid for heat rash:

- Cleanse affected area thoroughly and dry completely
- Use soothing lotion to relieve discomfort.

HEAT CRAMPS OR EXHAUSTION

Cramps may occur after prolonged exposure to heat. Usually at the end of the day. What do you do?

- Rest in the shade or cool place.
- Drink plenty of water.
- Loosen clothing to allow body to cool.
- Use cool, wet rags to aid in cooling.

HEAT STROKE

- Absent of sweating
- The skin is hot and dry
- The body temperature is high.
- Mental confusion, dizziness, chills, convulsions
- Hot, dry skin.

If this happens: **CALL 911 and contact the University Police and Safety Office**

Try to cool the body by applying cool water, but be careful not to cool the body down too quickly or the body may go into shock.

GUIDELINES FOR PROTECTION

EYE PROTECTION

- Sunglasses offer excellent protection
- Make sure the lenses are designed to block out 95% of UV.
- Polarizing lenses and mirror finishes reduce glare, but have little effect in blocking the absorption of UV rays.

SKIN PROTECTION

- Sunscreen SPF 30+ sunscreen blocks 96% of UV and SPF15+ blocks out 93%.
- Apply sunscreen 20 minutes before going outside. Don't rub it in – a light film should stay visible.
- Reapply sunscreen every 2 hours if you are sweating a lot.
- Wear clothes that cover your arms, legs, and neck to ensure proper protection.
- Wear comfortable, lightweight fabrics like cotton, hemp and linen.
- Wear a hat, sunglasses, and seek shade.

Sun is at its peak from 10 am to 2 pm

- Be aware of its effects on you.
- Consume a lot of water to stay hydrated.
- Cool down in air-conditioned rooms or near fans.
- Wear light colored, natural fiber clothing to help your body to repel heat absorption and cool easier
- Pace yourself during strenuous activities

THE STING OF SUMMER

When temperatures increase, insects become very active. Insects can cause health related problems. Mosquitoes and ticks carry diseases and allergic reaction can occur with bee or wasp stings.

BEFORE WORKING OUTSIDE:

- Use insect repellents that contain DEET
- Wear long pants and long sleeve shirts in lightweight material.
- Avoid garbage areas that contain food, open soda and beer cans.
- Avoid wearing colognes, perfumes, hairspray, etc.

If stung by a bee, remove the stinger by scraping it with a card, etc. **DO NOT** pinch, it will inject more venom into your system. Yellow jacket hornets and wasps will sting repeatedly.

Symptoms of Stings

- Develop hives, itching or swelling
- Tightness in chest, unconsciousness or cardiac arrest
- Difficult breathing, dizziness

SUMMER INSECT DANGERS

Lyme Disease — is caused from bites of infected ticks.

Symptoms:

- Bull's-eye rash,
- Flu-like symptoms such as fever,
- Lymph node swelling,
- Stiff neck,
- Fatigue,
- Headaches,
- Migrating joint aches and muscle aches

Precautions:

- Wear light-colored clothes to see ticks more easily.
- Wear long sleeves; tuck pant legs into socks or boots in tick-infested areas.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat and use tick repellants, but not on your face.
- Shower after being outdoors. Wash and dry your clothes at high temperature.
- Examine your body for ticks after working or playing outside.
- Remove any attached ticks promptly with fine-tipped tweezers.

West Nile Virus — is caused by mosquito bites.

Mild symptoms:

- Fever
- Headache, and body aches,
- Occasionally with a skin rash on the trunk of the body and
- Swollen lymph glands

Severe symptoms:

- High fever,
- Neck stiffness,
- Stupor, disorientation,
- Coma, tremors, convulsions,
- Muscle weakness, and Paralysis

Prevention:

- Apply insect repellent with DEET to exposed skin.
- Spray clothing with repellents containing DEET or permethrin.
- Wear long sleeves, long pants, and socks.
- Be extra careful at dusk and dawn when mosquitoes are most active.
- Remove standing water and ponds when able to.