

## WORK ZONE TRAFFIC SAFETY

Work Zone Traffic Safety  
Workers being struck by vehicles or mobile equipment lead to many work zone fatalities or injuries. Work zones need traffic controls identified by signs, cones, barrels and barriers.

Drivers, workers on foot, and pedestrians must be able to see and understand the proper routes. Construction project managers determine travel control plans within construction worksites.

- Traffic control devices, signals, and message boards instruct drivers to follow paths away from where work is being done.
- Approved traffic control devices, including cones, barrels, barricades, and delineator posts are also used inside work zones.

**Work Zone Protections:** Various concrete, water, sand, collapsible barriers, crash cushions, and truck-mounted attenuators can help limit motorist intrusions into construction work zones.

**Flagging:** Flaggers should wear high visibility clothing with a fluorescent background and made of retroreflective material. This makes workers visible for at least 1,000 feet in any direction. Check the label or packaging to ensure that the garments are performance class 2 or 3. Drivers should be warned with signs that there will be flaggers ahead. Flaggers should use STOP/SLOW paddles, paddles with lights, or flags (only in emergencies).

**Lighting:** Flagger stations should be illuminated. Lighting for workers on foot and for equipment operators should be at least 5 foot-candles or greater. Where available lighting is not sufficient, flares or chemical lighting should be used. Glare should be controlled or eliminated.

**Training:** Flaggers must be trained/certified and use authorized signaling methods.

**Driving:** Seat belts and rollover protection must be used on equipment and vehicles as the manufacturer recommends.

## PROTECTING WORKERS FROM HEAT ILLNESS

Hot weather is here. As the temperature and humidity rise, so do the health risks for outdoor workers. Each year, thousands of workers develop heat-related illness on the job, and some even die. These deaths can be prevented!

As an employer, you have an important responsibility and legal obligation to provide safe working conditions. This includes protecting workers from preventable heat-related illness.

Here are some important steps that you can take to prevent heat-related illness:

1. Have a plan for heat-related illness prevention during hot weather.
2. Provide an adequate supply of clean drinking water for workers, and remind workers to drink small amounts of water often (before they become thirsty). Plan on providing about 2 gallons per worker per shift.
3. Take steps that help workers become acclimated to the heat (e.g., gradually increase workloads or allow more frequent breaks), especially workers who are new to working in the heat or have been away from work for a week or more.
4. Allow workers regularly scheduled breaks in cool, shaded areas.
5. If workers are doing strenuous work, or wearing layers of protective clothing, take additional precautions—for example, schedule heavy tasks earlier in the day and monitor workers for signs of heat-related illness.

6. Train workers on how to recognize heat-related illness, how to prevent it, and what to do if someone has symptoms.

7. Be prepared for medical emergencies. Make sure that medical services are available. Workers who show symptoms of heat-related illness need immediate attention. **This can be a matter of life and death.**

Remember—anyone working outside in hot weather needs **water, rest, and shade.**

OSHA can help. This year, OSHA and its State Plan partners have launched a nationwide campaign to raise employer and worker awareness of the dangers of heat and how to protect workers. Visit [www.osha.gov](http://www.osha.gov) for training materials, worksite posters, and other resources on preventing heat-related illness, in both English and Spanish.



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**MONTHLY TOOLBOX TALK**

How much can the weather affect your safety?

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**HEAT EXHAUSTION & SUNSTROKE**

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When working during hot weather, we may suffer heat exhaustion or sunstroke. Heat exhaustion is caused by the loss of body salt, and sunstroke occurs when the body mechanism is not able to keep the system cool. Following are the symptoms of these ailments and the steps we should take to aid the victim.

**Symptoms:** The first signs of heat exhaustion are dizziness, weakness, headache, blurred vision, nausea and staggering. The face becomes pale, there is profuse sweating, the pulse is weak, and breathing is shallow. The person may become unconscious.

**Treatment:** When someone shows symptoms of heat exhaustion, immediately remove that person to a place where the air is circulating freely. Make the person lie down and keep him or her warm. If the victim is conscious, add a teaspoon of salt to a pint of cool water and give this to the victim in small sips at frequent intervals. If the heat exhaustion symptoms persist, call the doctor.

**How to Avoid:**

Keep in good physical condition and stop to rest when you begin to feel faint. Increase dietary salt and fluids when working in extremely hot weather.

**SUNSTROKE (HEATSTROKE) Symptoms:**

The victim develops a severe headache, the face is red the skin is hot and dry, there is no sweating, and the pulse is strong and very rapid. The person has a high fever (105°—106°F) and may become unconscious. This is followed by convulsions, coma, and sometimes death.

**Treatment:** Get the victim to where there's professional medical treatment as soon as possible. In the meantime place the individual in the shade. Loosen the clothing and cool the victim with the best means available. If the individual's temperature starts to drop, cover with a light blanket, so that the sudden change in body temperature won't cause shivering or convulsions.

**How to Avoid:** Stay away from alcoholic beverages. Instead, drink water, lemonade, or citrus fruit juices. Wear clothing that is lightweight, well ventilated, and loose. Replace the body salts lost through perspiration by making sure your salt and fluid intake is adequate.

**Know The Difference:** Become familiar with the symptoms of sun-stroke and heat exhaustion. As we've discussed, the treatment for each of these ailments is different and knowing the difference could mean life or death.

**Don't just talk about it, be about it! Be Safe.**