



Staying Safe at Work

TWU Local 555's guide to heat safety

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karl.mager@twu555.org
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 - (DTW)

steve.riley@twu555.org
- Dan Hilton
 - (PIT)

dan.Hilton@twu555.org
- Dina Enders
 - (LAS)

dina.enders@twu555.org
- Randy Smith
 - (PHX)

randy.smith@twu555.org
- Rudy Del Real
 - (MDW)

rudy.Delreal@twu555.org



Background

We have all been told since the day we hired on with Southwest Airlines that safety is their number one priority, and on paper that is 100% true. When it comes to the real-world application of those same safety policies, it is very difficult to follow them to the letter and still turn a plane on time. This would seem as though it puts us in an awkward spot, because all of us wants to turn a plane on time, however none of us want to do that by hurting ourselves in the process. This guide is designed to give you the tools you need to make sure you protect yourself while working to provide the best product possible to the customers that keep us employed.

Let's Start by Asking a Question

Who cares the most about your safety?

Let's Start by Asking a Question

Who cares the most about your safety?
You do of course!



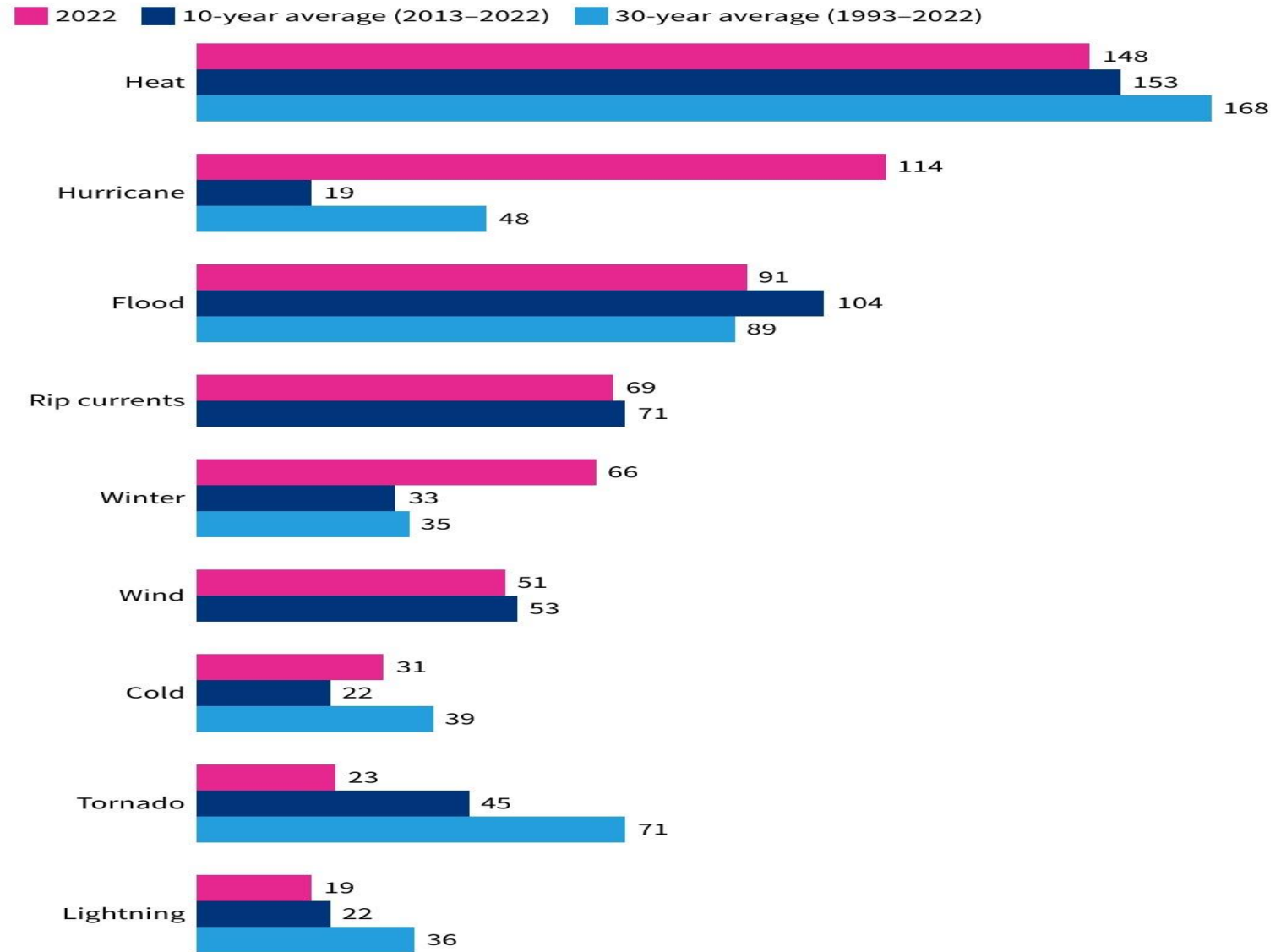
HEAT SAFETY

Heat Safety

- Let's start by looking at some graphs. The following graphs illustrate just how dangerous working in the heat really is.

More fatalities occur due to heat than other natural disasters.

Weather fatalities by type



Deaths found under “Hurricane” events include only direct deaths from hurricane winds. Deaths associated with other hurricane hazards, like flooding, tornadoes, etc., are included in their respective categories. Deaths caused by non-weather hurricane-related hazards not counted.

Source: [National Oceanic and Atmospheric Administration](#)

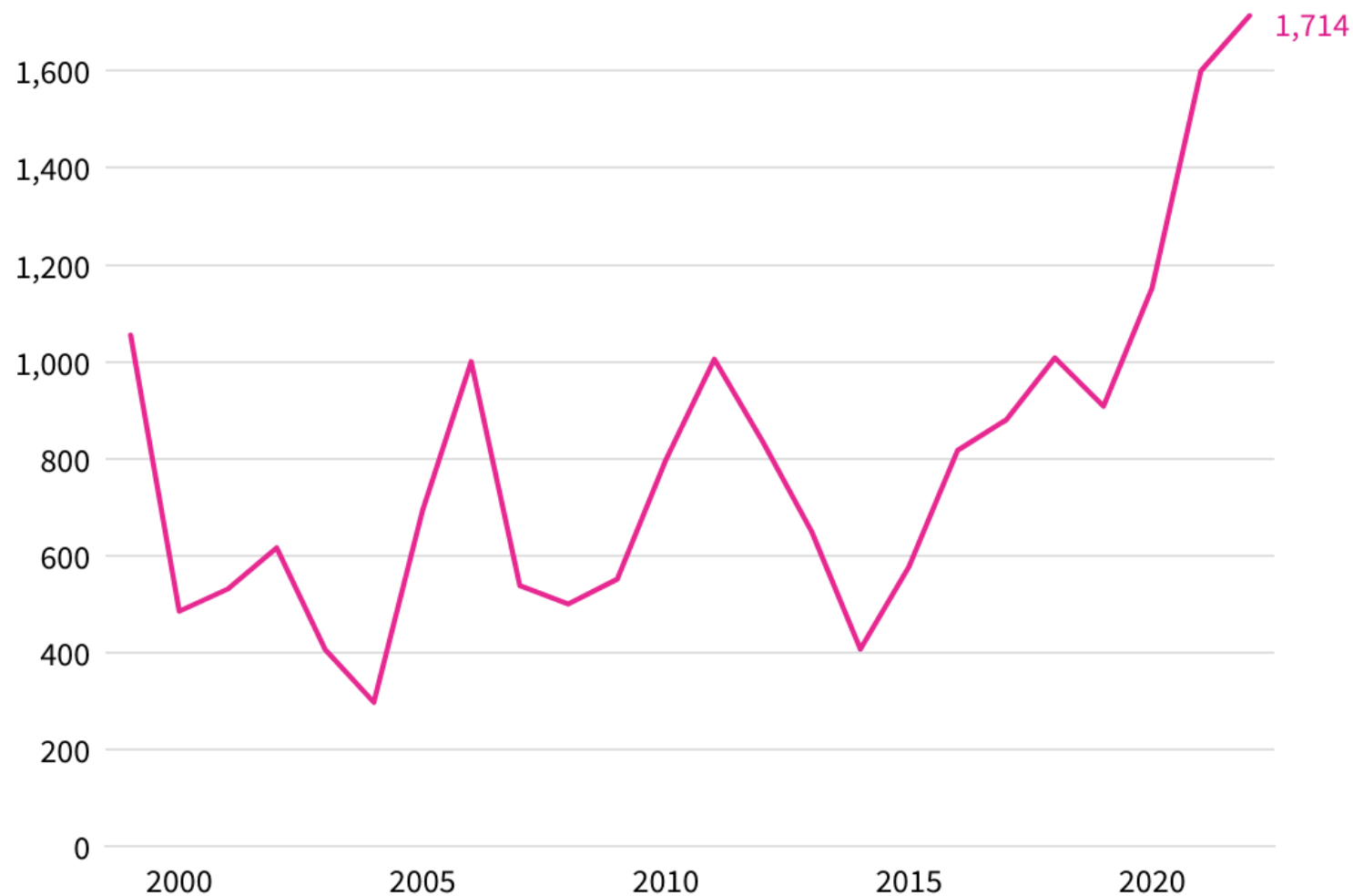
USA FACTS

Heat Safety

- Total number of heat related deaths in the year 2022

There were 1,714 heat-related fatalities in 2022

Heat-related fatalities by year



2022 data is provisional. Heat-related deaths were identified using ICD codes P81.0, T67, and X30. Deaths with underlying cause W92 were excluded.

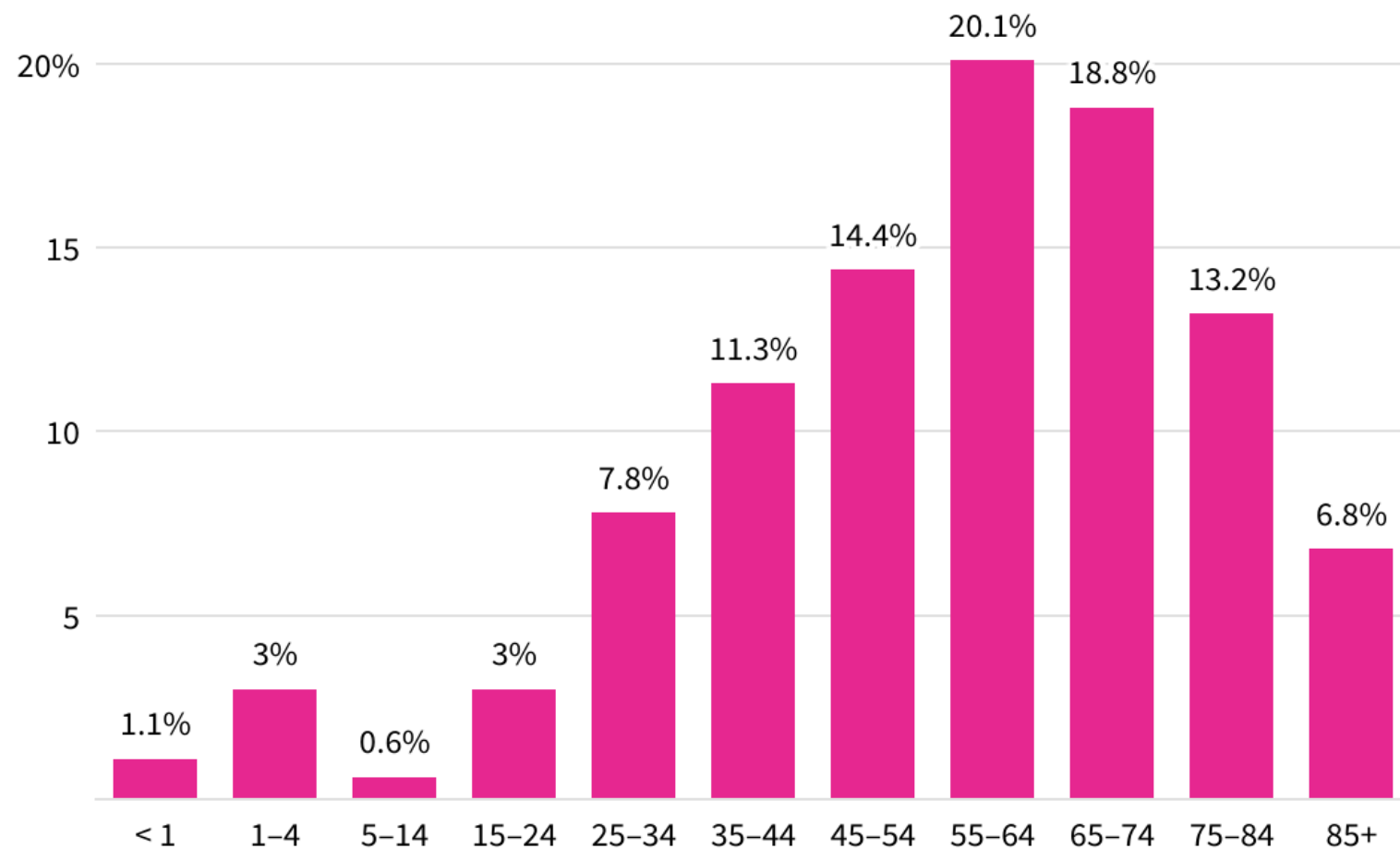
Source: [Centers for Disease Control and Prevention](https://www.cdc.gov/nchs/nvss/nvsr/)

Heat Safety

- Percentage of heat-related deaths by age group, 2018-2021

Adults aged 55–64 die from heat-related issues at the highest rate.

Percentage of heat-related deaths by age group, 2018–2021



Heat-related deaths were identified using ICD codes P81.0, T67, and X30. Deaths with underlying cause W92 were excluded.

Source: [Centers for Disease Control and Prevention](#)

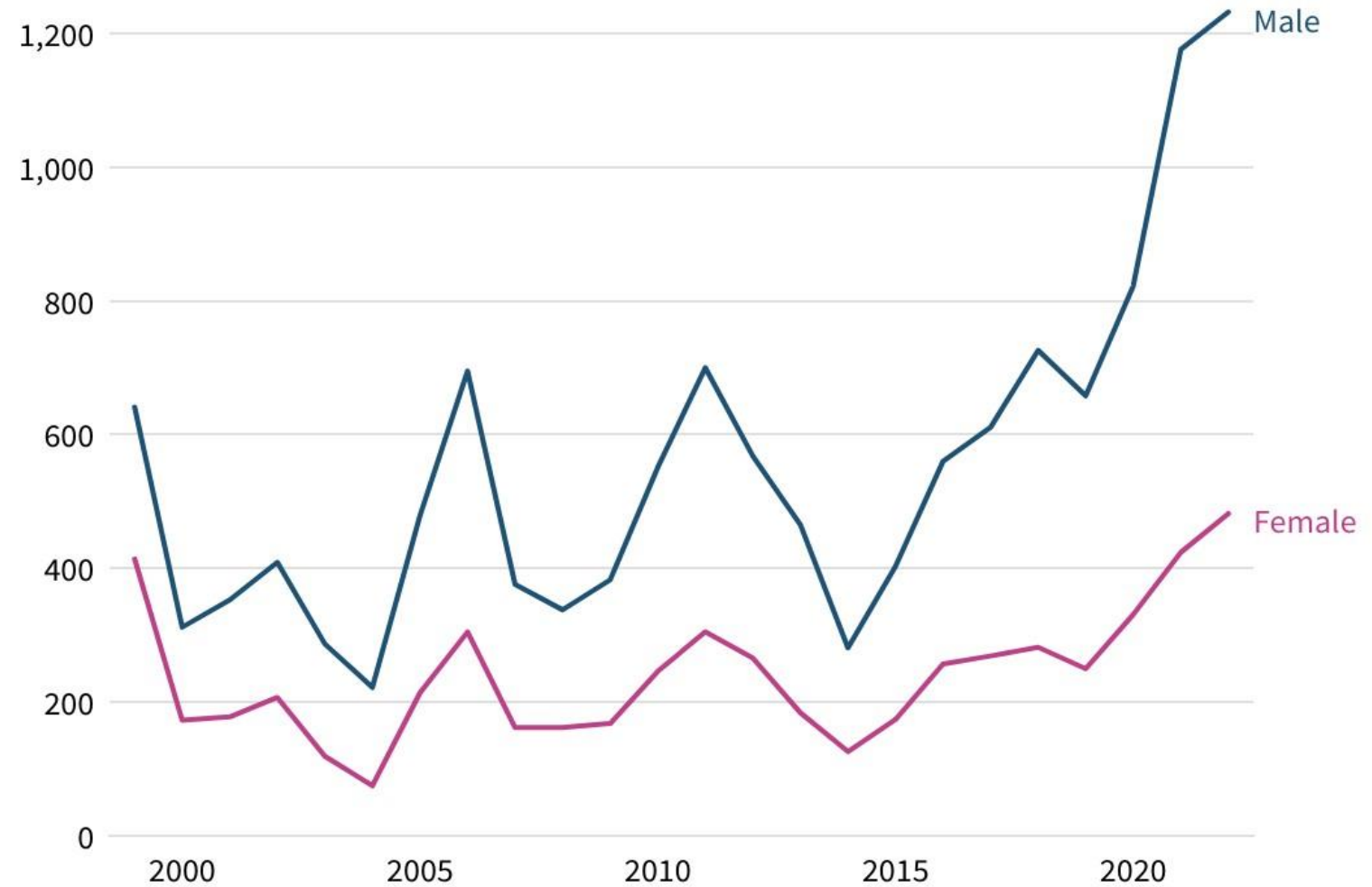
USA FACTS

Heat Safety

- Heat-related fatalities by year and gender, 1999-2022

Heat-related fatalities are higher among men than women.

Heat-related fatalities by year and gender, 1999-2022



2022 data is provisional. Heat-related deaths were identified using ICD codes P81.0, T67, and X30. Deaths with underlying cause W92 were excluded.

Source: [Centers for Disease Control and Prevention](#)

USA FACTS

Protecting Yourself from Heat Stress

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind.
- Heavy physical labor.
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting



Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating



Protecting Yourself from Heat Stress

To Prevent Heat Illness

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.
- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Designate a responsible person to monitor conditions and protect workers who are at risk of heat stress.
- Consider protective clothing that provides cooling.



Protecting Yourself from Heat Stress

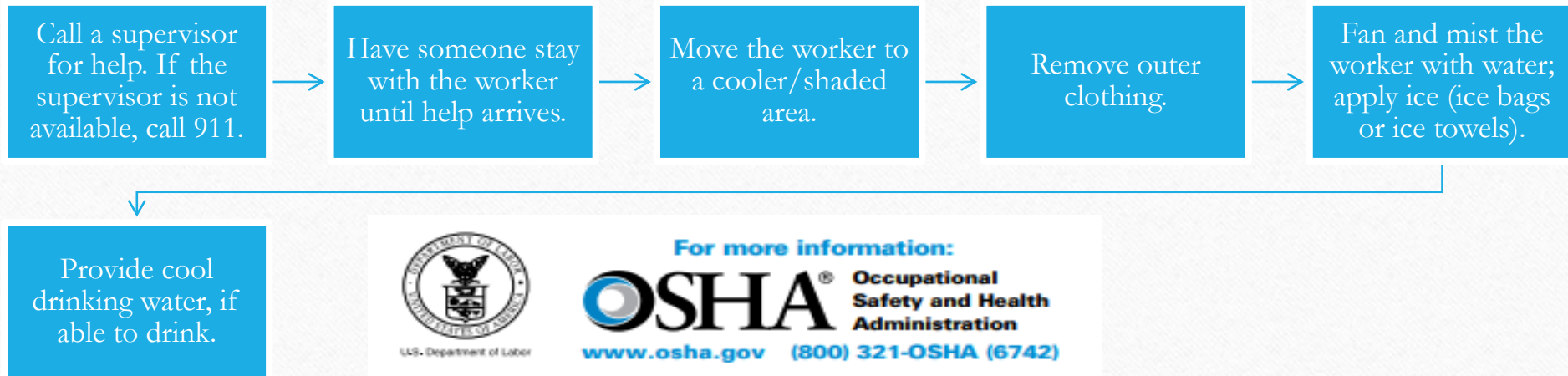
How to Protect Workers

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



Protecting Yourself from Heat Stress

What to Do When a Worker is Ill from the Heat



U.S. Department of Labor

For more information:
OSHA® Occupational
Safety and Health
Administration
www.osha.gov (800) 321-OSHA (6742)

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.

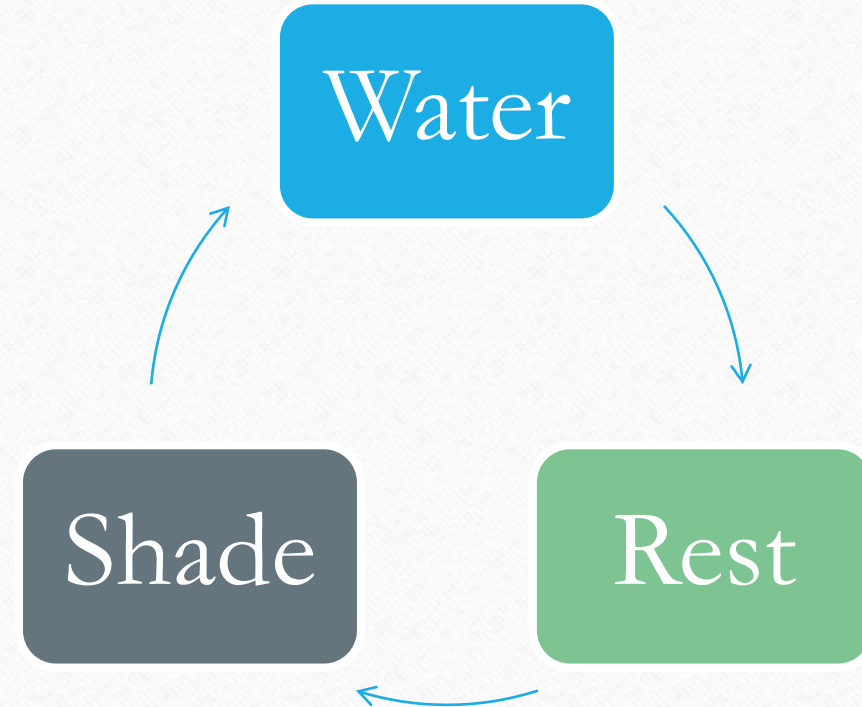


If you need a break from the heat

You have the right to take one.

- Take some time to get water.
- Take some time to rest.
- Take some time in the shade.

Once you have recovered, return to your assigned task.





**WATER.
REST.
SHADE.**



OSHA
Occupational Safety
and Health Administration
www.osha.gov

1-800-321-OSHA (6742) TTY 1-877-889-5627

Dehydrated? **Urine trouble.**



Well hydrated
No trouble here!
Maintain hydration.



Hydrated
Drink a little more water
to stay out of trouble!



Dehydrated
Trouble! Drink water until
you are well hydrated.



Severely dehydrated
Big trouble!
Drink water immediately!

Don't wait to hydrate! Prevent heat illness.



**Heat Illness
Prevention**

osha.gov/heat



**Occupational
Safety and Health
Administration**



Heat Illness Prevention

Prevent Heat Illness Among Pregnant Workers



Overview

- Pregnant workers are more likely to experience heat stroke or heat exhaustion sooner than non-pregnant workers because it is harder for the body to cool down during pregnancy.¹
- Pregnant workers are also more likely to become dehydrated which is a primary contributor to heat-related illness.
- Work in very hot environments or specific work situations may lead to an increase in core (internal body) temperature which has been linked to adverse pregnancy outcomes in some cases.²
- Pregnant workers should discuss their occupational exposures with their medical providers in advance to determine if work accommodations or restrictions are needed.

Workers often exposed to excess heat

- Outdoor workers, especially in agriculture, construction, landscaping and waste collection
- Indoor workers without climate control (e.g., central A/C) during hot weather, such as those employed in warehouses or near radiant heat sources
- Manufacturing workers, such as those employed in metal fabrication, glass or plastics manufacturing, and food processing
- Healthcare workers
- Cooks and dishwashers in commercial kitchens (e.g., restaurants)

Watch for signs of heat illness and act quickly

When in doubt, call 911. Symptoms of heat illness while pregnant can include but are not limited to:



Headache or nausea



Weakness or dizziness



Heavy sweating or hot, dry skin



Elevated body temperature



Thirst



Increased Braxton Hicks contractions or cramping



Decreased urine output

When to call for help

Signs of a medical emergency:

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Fainting
- Hot, dry skin
- Blurred vision

What to do:

- Cool right away with water or ice
- Call 911 immediately
- Stay with others until help arrives
- If possible, move to shaded area

How to lower risk of heat illness

- Ease into hot work environments
- Monitor work intensity
- Drink cool water
- Take rest breaks in shade or cool areas
- Dress for the heat
- Eat water-rich foods (e.g., fruits and vegetables)
- Watch out for each other
- Know and recognize the symptoms of heat illness



Take action in response to signs and symptoms

- Give cool water to drink
- Remove unnecessary clothing
- Move to a cooler area and use a fan, if available
- Cool with water and ice
- Do not leave alone
- Seek urgent medical care if needed and follow-up with medical provider after any symptoms or signs
- Work with employer and medical provider to prevent future heat stress



Hydration Tips

Drink Cool Water

- Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.

Take Rest Breaks

- Take enough time to recover from heat given the temperature, humidity, and conditions.

Find Shade or a Cool Area

- Take breaks in a designated shady or cool location.

Dress for the Heat

- Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.

Watch Out for Each Other

- Monitor yourself and others for signs of heat illness.

If Wearing a Face Covering

- Change your face covering if it gets wet or soiled. Verbally check on others frequently.

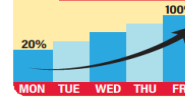


Prevent Heat Illness at Work

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

Ways to Protect Yourself and Others

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



- ✓ **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



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

1

» **CALL 911 IMMEDIATELY**

2

» **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**

3

» **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other 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 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



OSHA Occupational
Safety and Health
Administration

For more information: 1-800-321-OSHA (6742)

TTY 1-877-889-5627 www.osha.gov/heat

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.

We hope that you found the information contained in this presentation useful.

- Should you have any questions please feel free to contact the TWU 555 Safety and Health Committee or your District Rep.

