VOLUME 8, ISSUE 7
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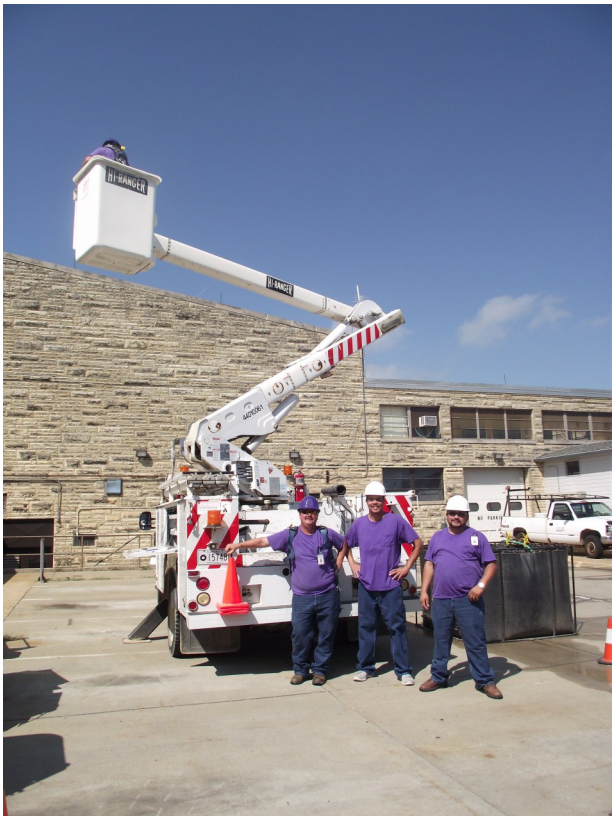
KSU Facilities Safety Bulletin

Best Fire Extinguisher Times (Main Campus):
2.7—Scott West—Lawnchair
3.3—Chris Slattery—12-Can Cooler
3.5—Max Collado—Beverage Cooler
3.5—Joe French—BBQ Tool Set
3.6—Steve Bishop—Personal Fan

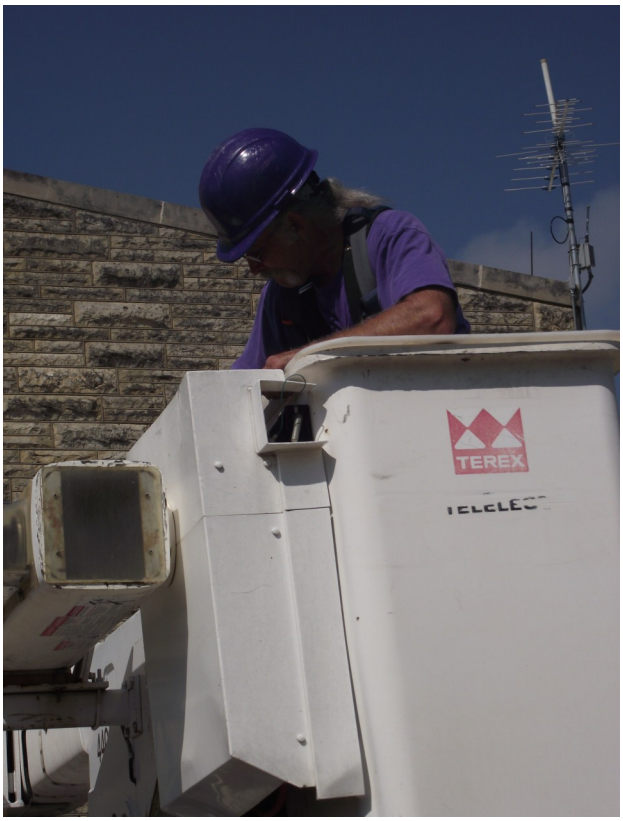
Best Fire Extinguisher Time (Salina):
6.1—Wayne Koetkemeyer –Lawnchair

Congratulations! Everyone did a great job.

Fire Extinguisher Answer Key
The acronym R.A.C.E. stands for Rescue, Alarm, Challenge, and Extinguish /Evacuate. False
In the acronym P.A.S.S., the second S stands for Sweep. True
The fire extinguisher can be out of sight behind boxes. False
There are five different classes of fires. True
Class K fires are fires in cooking oils and greases. True
Today's most widely used type of fire extinguisher is the Multipurpose Dry Chemical extinguisher. True
You can use a Multipurpose Dry Chemical Fire Extinguisher on Class A, B, C, and K fires. False



Left to right: Damon Lee, David Peoples, Juan Ceja



Glen Rubash

Recently certified as Bucket Truck Operators.

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Protecting Workers from Heat Stress

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions your employer should take any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

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

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

To Prevent Heat Illness, Your Employer Should

- 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.

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- 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).
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.

How You Can Protect Yourself and Others

- 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.

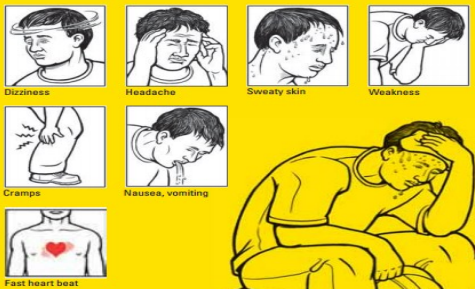
What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

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 have any questions or concerns, call OSHA at 1-800-321-OSHA (6742).

Heat Exhaustion



Heat Stroke