

between the WHITE LINES

A Bimonthly Safety Newsletter From



Issue 4, June 2014

OSHA Heat Stress

It's that HOT summer season again. Time to be alert for the signs of heat stress and exhaustion.

Please read the OSHA Heat Stress Quick Card and be aware of the signs. Also be sure to take action before it's too late. Stay hydrated and eat properly to maintain the proper electrolyte levels and prevent heat exhaustion.



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

- 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.



For more information:



OSHA 3184-99-11R



- Schedule frequent rest periods with water breaks in shaded or air-conditioned areas.
- 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).

For more information:



PGT Trucking Maintenance Facilities (As of June 30, 2014)

Below is a list of all of PGT Trucking's company-owned shops with contacts as well as their addresses and hours of operation. When you are planning to have your truck inspected, need various PMs, or when unexpected repairs are needed, we suggest you contact one of these shops for service at a reasonable price. It's always best to call ahead and schedule a service appointment so you have less down time.



| Location | Phone Number | Hours of Operation |
|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <i>Birmingham Facility</i> | | <i>Closed</i> |
| Gary Facility 3100 West 4th Avenue Gary, IN 46406 | (219) 241-3888 | 8:00 AM to 5:00 PM Monday thru Friday 8:00 AM to Noon on Saturday Full Service Center |
| Laredo Facility 12491 Mines Road Laredo, TX 78045 | (724) 480-7820 | 5:00 AM to 5:00 PM Monday thru Friday Full Service Center |
| Monaca Facility One PGT Way Monaca, PA 15061 <i>Shop Manager: Mike Pruss</i> | (724) 987-1739 or (724) 987-1829 | 5:00 AM to Midnight Monday thru Friday 6:00 AM to 4:30 PM Saturday & Sunday Full Service Center |
| Monroe Facility 799 Garver Road Monroe, OH 45050 <i>Shop Supervisor: Mark Henz</i> | (513) 539-9455 or (724) 462-8024 | 8:00 AM to 5:00 PM Monday thru Friday 8:00 AM to Noon on Saturday Full Service Center |
| Rockport Facility 7550 Iceland Road P.O. Box 190 Maceo, KY 42355 <i>Director of Maintenance: Kenny Hardy</i> | (724) 987-1862 or (812) 660-0481 | Limited work |
| Poteau Facility 70525 U.S. Hwy. 59 South Poteau, OK 74953 <i>Shop Supervisor: Russ Hoxit</i> | (918) 647-8212 | 8:00 AM to 5:00 PM Monday thru Friday 8:00 AM to Noon on Saturday Full Service Center |
| Trenton Facility 110 Patterson Avenue Trenton, NJ 08610 <i>Shop Manager: Dennis Flodmand</i> | (609) 586-2080 | 8:00 AM to 5:00 PM Monday thru Friday 8:00 AM to Noon on Saturday Full Service Center |



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