BEGIN INSTRUCTION ZONE

Working Outdoors

ROADWAY SAFETY

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What Is Our Risk from Sun Exposure?

Skin cancer is the most serious risk.

You are at greater risk if you

- Have lighter skin with freckles, moles
- Work at higher elevations
- Work around reflective material, like water or concrete

You can protect yourself with

- Long-sleeved shirts, pants in neutral colors
- Broad-brimmed hat, neck flap
- Safety glasses with tinted polarizing lenses
- SPF 15-25 sun block 30 minutes before work, then every 2 to 3 hours
- Check skin for early signs of cancer, see a dermatologist for check-ups

These tips will prevent sunburn, too.

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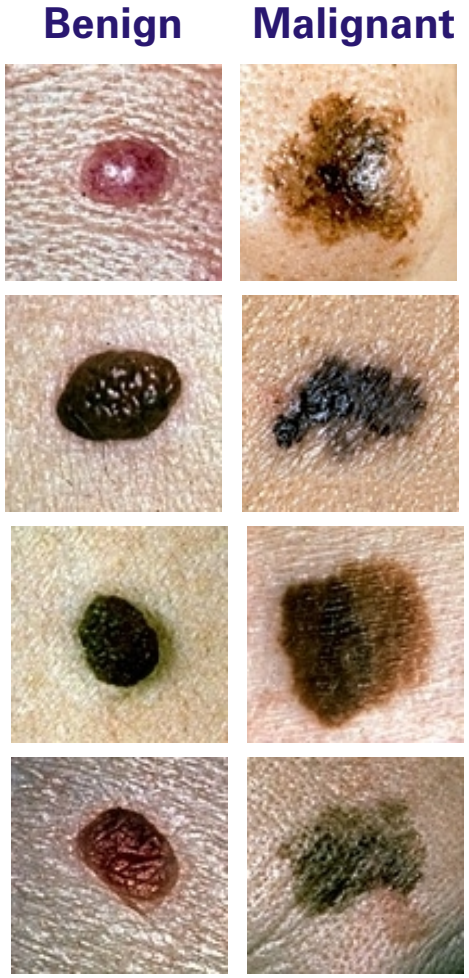
How Can We Check for Skin Cancer?

Look for warning signs. See a doctor.

What to look for

- **ASYMMETRY:** Most early melanomas are asymmetrical. A line through the middle would not create matching halves.
- **BORDER:** Borders of early melanomas are often uneven and may have scalloped or notched edges.
- **COLOR:** Varied shades of brown, tan, or black are often the first sign of melanoma. Red, white, and blue may appear later.
- **DIAMETER:** Early melanomas tend to grow larger than common moles - at least the size of a pencil eraser.

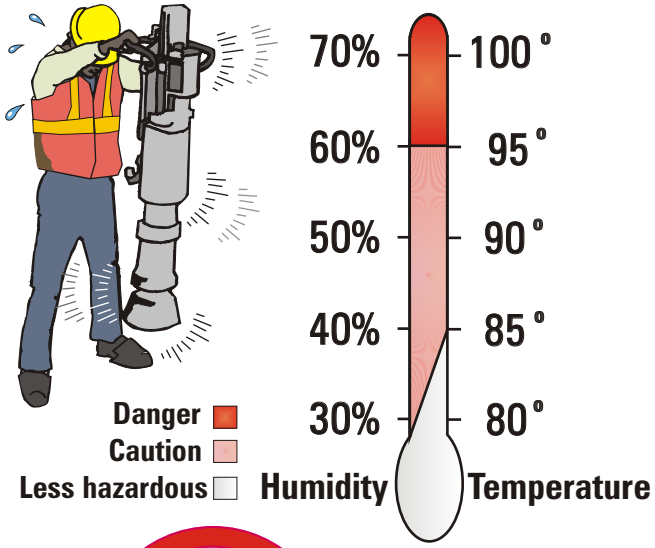


What Are the Hazards of Hot Weather?

It can lead to heat stress, exhaustion, or stroke.

Heat illnesses can be caused by a combination of

- Heat exposure
- High humidity
- Non-breathing synthetic clothing
- Not drinking enough fluids to replace sweat
- Hard work, body heat, not being "acclimatized"



Heat stress

- Can lead to heat rash, cramps, exhaustion, stroke
- May be more likely if you are overweight, not fit
- Alcohol increases risk

What Is Heat Exhaustion?

Heat exhaustion is a dangerous illness.

Heat exhaustion symptoms

- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy moist skin
- Pale or flushed complexion
- Slightly elevated body temperature

Heat exhaustion treatment

- Rest in a cool, shaded place
- Drink plenty of water

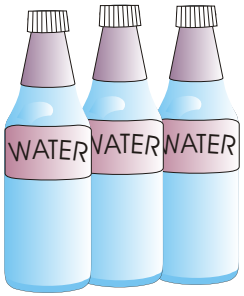
What Is Heat Stroke?

Heat stroke can cause hallucinations, death.

Heat stroke symptoms and treatment

- Hot dry skin, no sweating, chills, high body temperature, mental confusion, slurred speech
- Call 911, remove to cool shaded area, soak clothes with water, fan body, apply ice

Protect yourself from HEAT!



- Wear light-colored clothing
- Gradually build up to heavy work
- Schedule heavy work during coolest parts of day
- Take more breaks in extreme heat and humidity
- Drink lots of water, at least 2 to 3 quarts a day

What Are the Hazards of Cold Weather?

Cold stress can lead to hypothermia, frostbite.

Cold stress is caused by a combination of

- Cold/cool temperatures (50° F and less)
- Wet weather and/or conditions
- High winds (40+ MPH)
- Inadequate clothing

Cold stress is prevented by

- Warm layers of correct clothing, head cover, warm gloves, wool socks
- Keeping dry
- Breaks in warm areas, drinking hot liquids
- Keep in good physical shape

What Are the Symptoms?

Hypothermia, frostbite have these symptoms.

Hypothermia

- EARLY: Shivering, fatigue, loss of coordination, confusion, and disorientation
- LATE: No shivering, blue skin, dilated pupils, slowed pulse and breathing, loss of consciousness, and coma

Frostbite

- Body reduces blood flow to hands and feet to maintain core temperature
- Fingers or toes can freeze
- Symptoms include numbness, tingling, aching, and bluish skin
- Can cause the tissue to die and force amputation

How Are Plants and Animals Hazardous?

They can cause rashes, illness, even death.

Outdoor work may expose you to

- Bites from animals (dogs, snakes) and from insects and arachnids (bees, wasps, ticks, spiders)
- Plants such as poison ivy, poison oak, hogweed

To prevent these problems

- Steer clear of any animals

- Learn to recognize and avoid poisonous plants
- Wear long-sleeved shirts and pants, use insect repellants
- Check for tick bites each day for lyme disease (red bullseye)
- Get prompt medical/first aid treatment for any problems