

Workplace Safety

Top 10 Tips for Summer (Workplace) Safety

Audra Joseph, The Chronicle by Kennametal | Jun 16, 2017

Depending on where you live, “life’s a beach” for a few months out of the year, at least! In our effort to keep it that way, we’re offering 10 tips to keep you safe and sound this summer season.



1. Dress for (Summer) Success

During the particularly warm months of summer, respond to climate change in your workplace by dressing to the occasion.

Keep your cool by opting for lighter-colored, loose-fitting clothing that will allow air circulation over the body. But also keep in mind, certain environments may be upwards of 25 degrees *cooler* inside than out, due to AC! Play it safe by choosing outfits that provide the option to shed or layer on additional clothing.

2. Drink Up More Than the Sun

Struggling to quench your thirst, lately? You’re not alone!

Dehydration is a seasonal threat that can reach an all-time high during the dry months of summer. Make a valiant effort to consume cool, fresh water regularly throughout the day, and be mindful that not all beverages should be treated the same way. Coffee, tea, and caffeinated drinks instigate thirst.

3. Beat the Heat

During the summer, increased levels in temperature and humidity will influence the comfort-level of your work environment.

Environments with high heat production, such as a manufacturing plant, require proper ventilation and cooling areas year-round. If you happen to find yourself feeling light-headed or faint, break to find an air source and fresh water to refuel.

4. Better Safe, Than Sorry!

How many employees at your company are trained in first aid? Knowing this would not only come in handy during an emergency situation, but it would be helpful for simple health questions/concerns that you may be holding onto.

Of course, there are basics every employee should know, such as the signs and symptoms of *heat stroke* — which can be fatal. During scorching months, familiarize yourself with all heat-related illnesses, in case you're ever in a situation where your assistance may be needed.

5. Cover All The Bases

If work leaves you spending hours on end in the sun, take appropriate measures to protect yourself.

Apply sunscreen (15 SPF or higher, with protection against both UVA and UVB rays) intermittently throughout the day, always have a hat that covers both your ears and neck nearby, and don't forget your sunglasses! We commonly underestimate the harsh affect that blinding rays can have on our sensitive eyes.

6. Bounce Back to Productivity

BBQs, camping trips, destination weddings, need we say more? Though summer is meant for soaking up the sun and enjoying time away, when Monday rolls around, is your mind and body ready to get back in the game?

Tackle the day back by **stressing less**. A full inbox can be overwhelming, but it's nothing you can't handle. Ease your way back into the daily grind by setting achievable goals for yourself and recouping from your vacation diet with plenty of liquids and healthy foods.

8. Slow Down! Children At Play

With school out of session, you'll be seeing a lot more fun in the sun.

If your commute to work includes a neighborhood or two, take extra precaution as you're driving to and from work. Prepare for a stray kickball few unexpected visitors crossing your driving route over the next couple of months.

7. Free Yourself (and Coworkers) from Foodborne Illnesses

Leftovers from this weekend's cookout will only earn you bonus points if the cheese and fruit platter were refrigerated properly!

Take responsibility for what you offer. If you wouldn't eat it again, you probably shouldn't let your coworkers, either. To help keep bacteria astray, avoid sharing foods that rely on refrigeration and/or can easily spoil in hot conditions. And as always, check for allergies before exposing any food to the work environment.

8. Take a Load Off

As attractive as eating lunch behind a computer or CNC machine may sound, maybe it's time to "break" from the norm and step outside for some FREE Vitamin D.

Particular to a manufacturing facility, adequate resting time is crucial for job safety. When operating large machinery for hours, brief breaks throughout the day are required to clear the mind and relieve the legs and feet from strain.

Take 5 outside! Consider swapping heat waves caused by heavy production, for those from mother nature.

9. Time Will Tell

Not all times of the day are cut out for the same type of work, particularly for our manufacturing friends.

Your best bet is to create a day-to-day schedule that corresponds with the weather forecast. For record-breaking high temperature days, save the labor intensive duties for the second-shift to handle once things cool down. If temperatures are blazing, make an effort to stay in an air-conditioned facility during the hottest time of day (mid morning to mid afternoon.)

10. Save Time for Play

Are you lacking inspiration towards your work? Are you feeling sluggish and tired, in general?

Then do something about it! With the majority of our lives spent working, it's crucial we reserve the opportunity to reboot our minds and refresh our passion. Grant yourself a week to step away from your everyday routine, and find inspiration once again.

It is vacation season, after all!

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