

National PETE STAYFRESHER

Topic: Heat Stress

Time: August 14, 2024 1- 3pm EST

1:00 PM Introduction and Welcome, Kirk Laflin, Executive Director National PETE

About: Heat Stress Checklist with NIEHS Clearinghouse

Bio: El'gin Avila, NIEHS WTP National Clearinghouse for Worker Safety and Health Training
Kenda Freeman

Heat Hacks - Protecting Your Most Valuable Resources Using NIEHS Building Blocks for a Heat Stress Prevention Training Program

Join us for an insightful and practical seminar titled "Heat Hacks - Protecting Your Most Valuable Resources Using NIEHS Building Blocks for a Heat Stress Prevention Training Program." This seminar is designed to equip professionals, particularly those in high-risk occupations, with the knowledge and tools necessary to implement an effective heat stress prevention program. Drawing on the comprehensive guidelines provided by the National Institute of Environmental Health Sciences (NIEHS), American Industrial Hygiene Association (AIHA) Thermal Stress Working Group (TSWG), ANSI/ASSP Standard to Protect Construction Workers from Heat Stress and Strain, and ACGIH recommendations, this seminar will offer valuable insights and strategies to safeguard workers from the dangers of heat stress.

Objectives:

- 1. Review of Thermoregulation and Exertional Heat Illness:**
 - Understand the physiology of thermoregulation and how the body maintains its internal temperature.
 - Explore the various types of exertional heat illnesses, including heat exhaustion and heat stroke, and learn to recognize their symptoms and progression.
- 2. Methods for Reducing Heat Exposure Risk:**
 - Identify practical methods to minimize heat exposure risk in high-temperature environments.
 - Learn about personalized monitoring tools such as Physiological Heat Exposure Monitoring (PHEM), a cutting-edge method used to measure the body's reaction to heat stress.
 - Discover the importance of PHEM for workers in high-risk occupations like Hazmat Workers, Utility Workers, and individuals involved in post-heat-related incidents, who often work in extreme heat conditions or with personal protective equipment (PPE) that can exacerbate heat stress.
- 3. Case Studies on Variations in Heat Exposure Responses:**
 - Discuss real-life cases that highlight person-to-person and day-to-day variations in responses to heat exposure.
 - Understand how these variations can affect worker safety and performance.
 - Learn how to use data to inform best practices, ensure appropriate rest and hydration breaks, and provide early warning of potentially dangerous physiological conditions.
- 4. Implementing the NIEHS Heat Stress Prevention Training Program:**

- Explore the NIEHS BUILDING BLOCKS FOR A HEAT STRESS PREVENTION TRAINING PROGRAM working training document.
- Learn how to use this document to develop and implement a comprehensive heat stress prevention program tailored to your organization's needs.
- Discuss strategies to mitigate the risk of heat stress and related complications, ensuring a safer working environment for all employees.

Who Should Attend: This seminar is ideal for safety managers, occupational health professionals, HR managers, and supervisors in industries where heat exposure is a significant concern, such as construction, utilities, emergency response, and hazardous materials handling.

Benefits of Attending:

- Gain a deep understanding of the physiological mechanisms behind heat stress and how to identify and manage heat-related illnesses.
- Learn practical methods and tools to reduce heat exposure risks and monitor workers' physiological responses to heat.
- Develop a robust heat stress prevention program using the NIEHS guidelines, ensuring compliance with safety standards and protecting your workforce.

Bio: Don Elswick, ELSMART Associates, LLC

Donald D. Elswick, CIH, CSP, CHMM, CIT, has more than 30 years of government and multi-industry experience, holding several senior positions in Environmental, Health, and Safety (EHS) organizations with companies such as Bayer CropScience, Marathon Petroleum, and Oil, Whirlpool Corporation, and American Sugar Refining, Inc. He has taught emerging professionals at The University of Findlay and operated a consulting company that provided comprehensive EHS services. He is currently is an Occupational Environmental Health & Safety (OEHS) Solutions Specialist for ELSMART Associates, LLC. He was the Executive Director, University of Alabama (UA) SafeState, Division of Industrial and Environmental Programs, which provides vision and leadership for environmental safety and health outreach activities for the University, in partnership with groups, individuals, employers, and agencies external to UA. In this role, he helped to shape environmental safety and health policy and practices at state and national levels. In this role, he is responsible for three subunits: Occupational Safety and Health Consultation, Environmental Programs, and Training and Conference Activities. He is a Certified Industrial Hygienist, Certified Safety Professional, Certified Instructional Trainer, American Industrial Hygiene Association (AIHA) Registered Specialist: Exposure Decision Analysis, #291606, and has held senior roles within numerous local, state, federal, and professional organizations including the Department of Defense Employer Support of Guard and Reserve (ESGR). Mr. Elswick holds a Master of Science in Environmental Health with a concentration in exposure monitoring from Marshall University Graduate College, a Master of Arts in Education from The University of Findlay, and a BS in Chemistry from Marshall University. He is a member of the American Conference of Governmental Industrial Hygienists (ACGIH), American Industrial Hygiene Association (AIHA), and American Society of Safety Professionals (ASSP).

Dr. Margaret Morrissey-Basler is an Assistant Professor of Health Sciences at Providence College and the Senior Advisor of Occupational Heat Safety Advisor at the Korey Stringer Institute. She has over 30 peer-reviewed publications related to heat stress, worker health, and hydration and led a 51-expert roundtable on occupational heat safety, which resulted in a heat safety consensus document. She also serves as the Chair of the Thermal Stress Working Group at AIHA and a subcommittee member of the recently published ANSI/ASSP A10.50 heat stress construction voluntary standard. She has been invited to speak about heat safety at many safety events and conferences such as NSC, VPPPA, AIHce, and

NIHHIS. She has consulted with numerous organizations such as Delta, FDNY, UPS, and National Association of Letter Carriers to improve their heat stress management plans. She dedicated her career to providing evidence-based guidelines to protect underserved working populations from heat stress through research, education, and advocacy initiatives.