



VERMONT LOCAL ROADS •



**Vermont Safety
and
Health Council**

Making Vermont a Safer Place to Work!

The Webinar Will Begin Soon

Welcome!



Welcome to the Webinar

Thanks for joining us today. A quick moment for housekeeping...

➤ Everyone is currently muted.

➤ You can choose to have your camera on or off.



➤ You're welcome to use the chat box to post questions/comments. We have someone who will be monitoring it throughout the webinar.

➤ If you have any technical difficulties, let us know by emailing vermontlocalroads@vermont.gov or post a note in the chat box and we will help.

➤ This webinar is being recorded.

➤ Please use the chat box to introduce yourself... tell us your name and what town or organization you're with and a list of other folks in the room attending with you.

Enjoy the Webinar!

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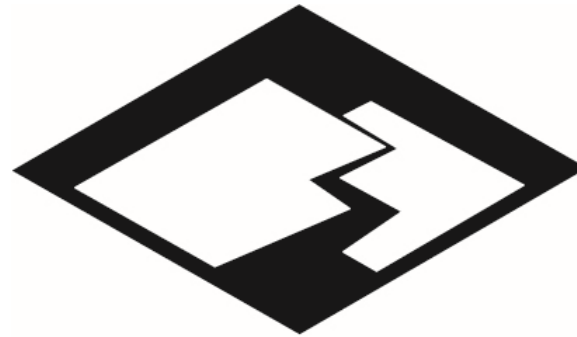


Roadside Environmental Hazards

PRESENTED BY TODD EATON,

VERMONT LOCAL ROADS TECHNICAL ASSISTANCE AND TRAINING SPECIALIST

A Collaborative Effort by



VERMONT LOCAL ROADS



**Vermont Safety
and
Health Council**

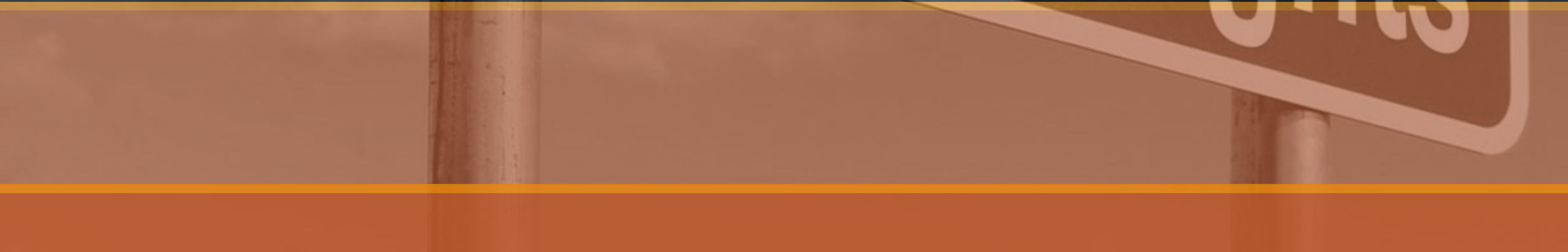
Making Vermont a Safer Place to Work!

Agenda:

- Employee Rights
- Silica
- Ticks and Lyme Disease
- Poisonous Plants
- Heat Illness



Employee Rights



Your Rights!



A SAFE AND HEALTHFUL
WORKPLACE

KNOW ABOUT HAZARDOUS
CHEMICALS

REPORT INJURY TO EMPLOYER

COMPLAIN OR REQUEST HAZARD
CORRECTION FROM EMPLOYER

TRAINING

Your Rights!

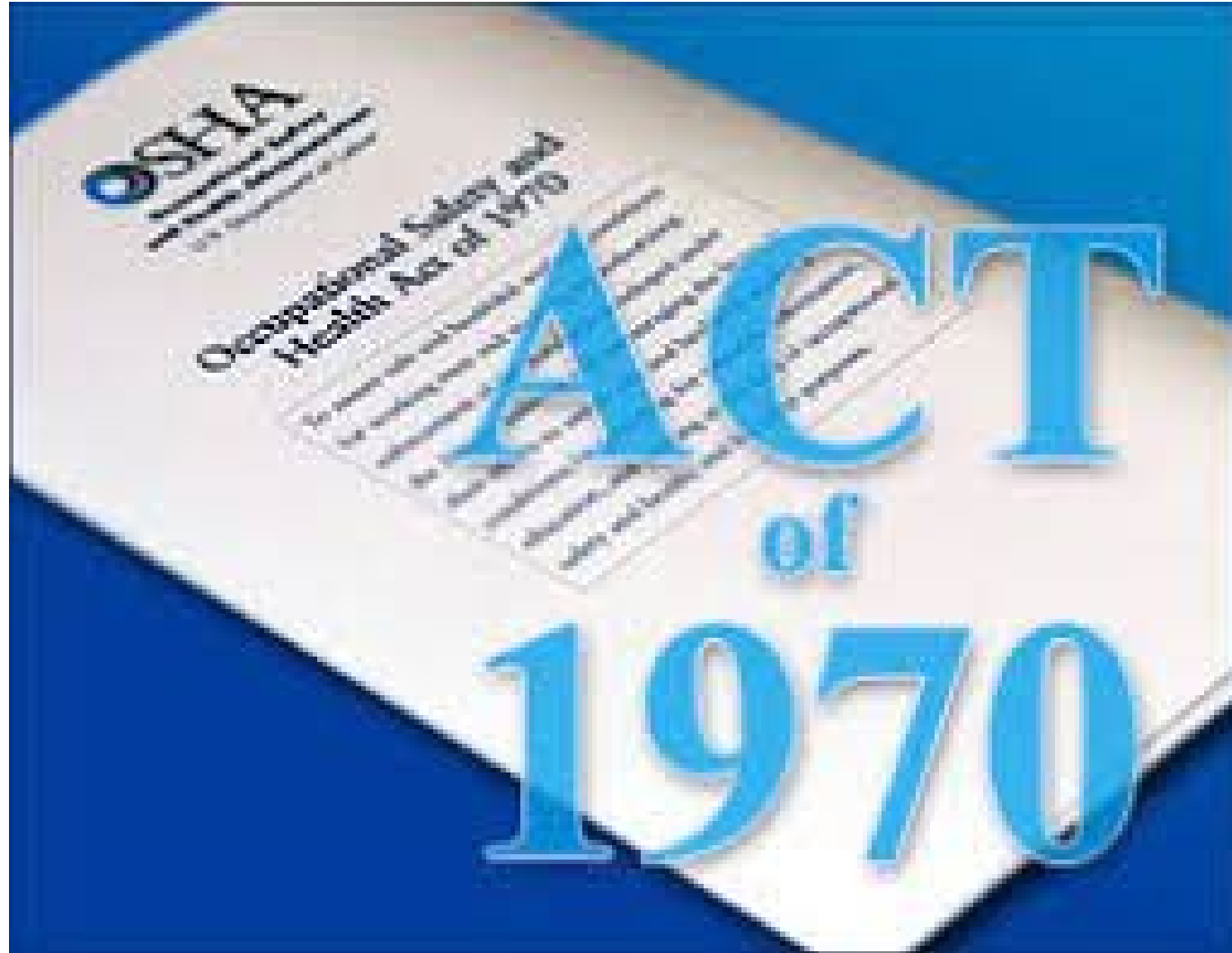


HAZARD EXPOSURE AND
MEDICAL RECORDS

FILE A COMPLAINT WITH OSHA

PARTICIPATE IN AN OSHA
INSPECTION

BE FREE FROM RETALIATION
FOR EXERCISING SAFETY AND
HEALTH RIGHTS



Your Right...
to a safe
and
healthful
workplace



Your Right... To Training

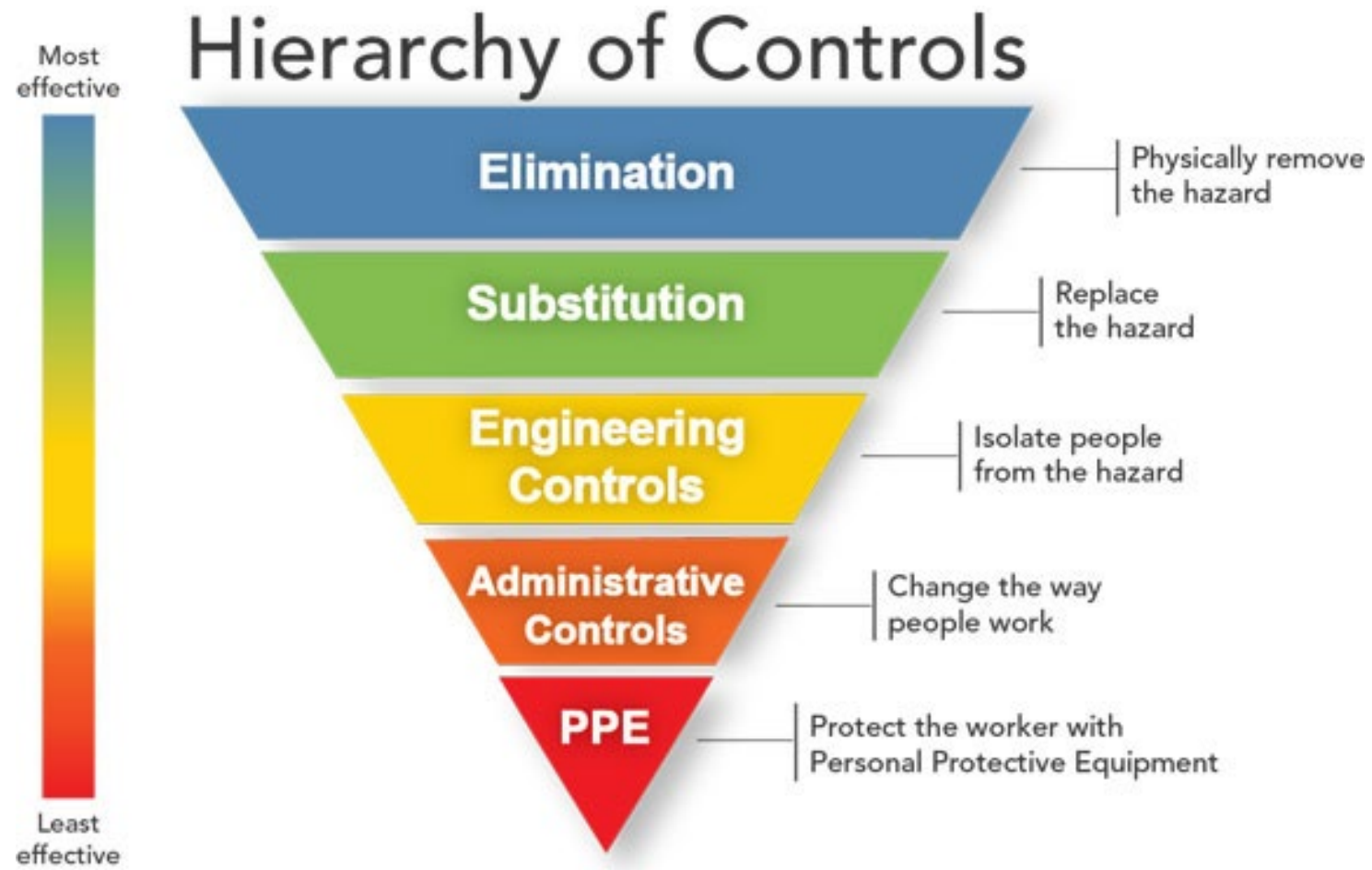
- You have a right to training on health and safety hazards and standards that employers must follow
- Training must be in a language and vocabulary workers can understand





Employer Responsibilities





Definitions



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Silica Exposure





Definitions

- Competent Person
- Integrated
- Permissible Exposure Limit (PEL)
- Personal Exposure Monitoring

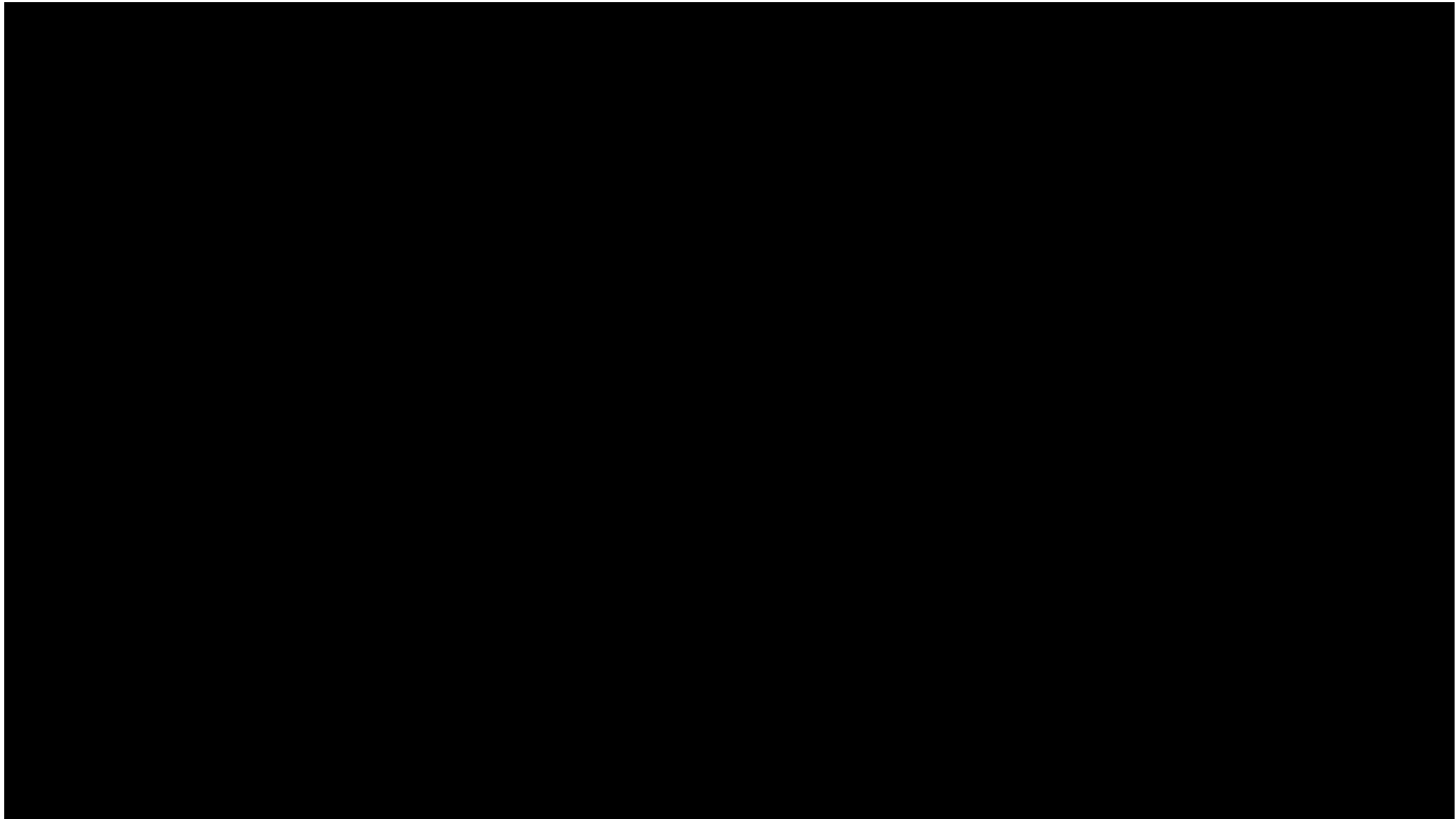


Definitions

- Silica Containing Material
- Surfactant
- Supplemental Water Delivery System
- Time Weighted Average (TWA)







SAMPLE OF TABLE 1:

Specified Exposure Control Methods When Working with Materials Containing Crystalline Silica

Equipment / Task	Engineering and work practice methods	Required respiratory protection and Minimum assigned protection factor (APF)	
		≤ 4 hours/shift	> 4 hours/shift
(i) Stationary masonry saws	<p>Use saw equipped with integrated water delivery system that continuously feeds water to the blade.</p> <p>Operate and maintain tool in accordance with manufacturer's instructions to minimize dust emissions.</p>	None	None
(ii) Handheld power saws (any blade diameter)	<p>Use saw equipped with integrated water delivery system that continuously feeds water to the blade.</p> <p>Operate and maintain tool in accordance with manufacturer's instructions to minimize dust emissions.</p>	<p><i>When used outdoors</i> None</p> <p><i>When used indoors or in an enclosed area</i> APF 10</p>	<p><i>When used outdoors</i> APF 10</p> <p><i>When used indoors or in an enclosed area</i> APF 10</p>
(iii) Handheld power saws for cutting	<p>For tasks performed outdoors only: Use saw equipped with commercially available dust collection system</p>	None	None





Ticks and

LYME DISEASE

Lyme Disease & Tick Safety



Blacklegged Tick (*Ixodes scapularis*)



**adult
female**



**adult
male**

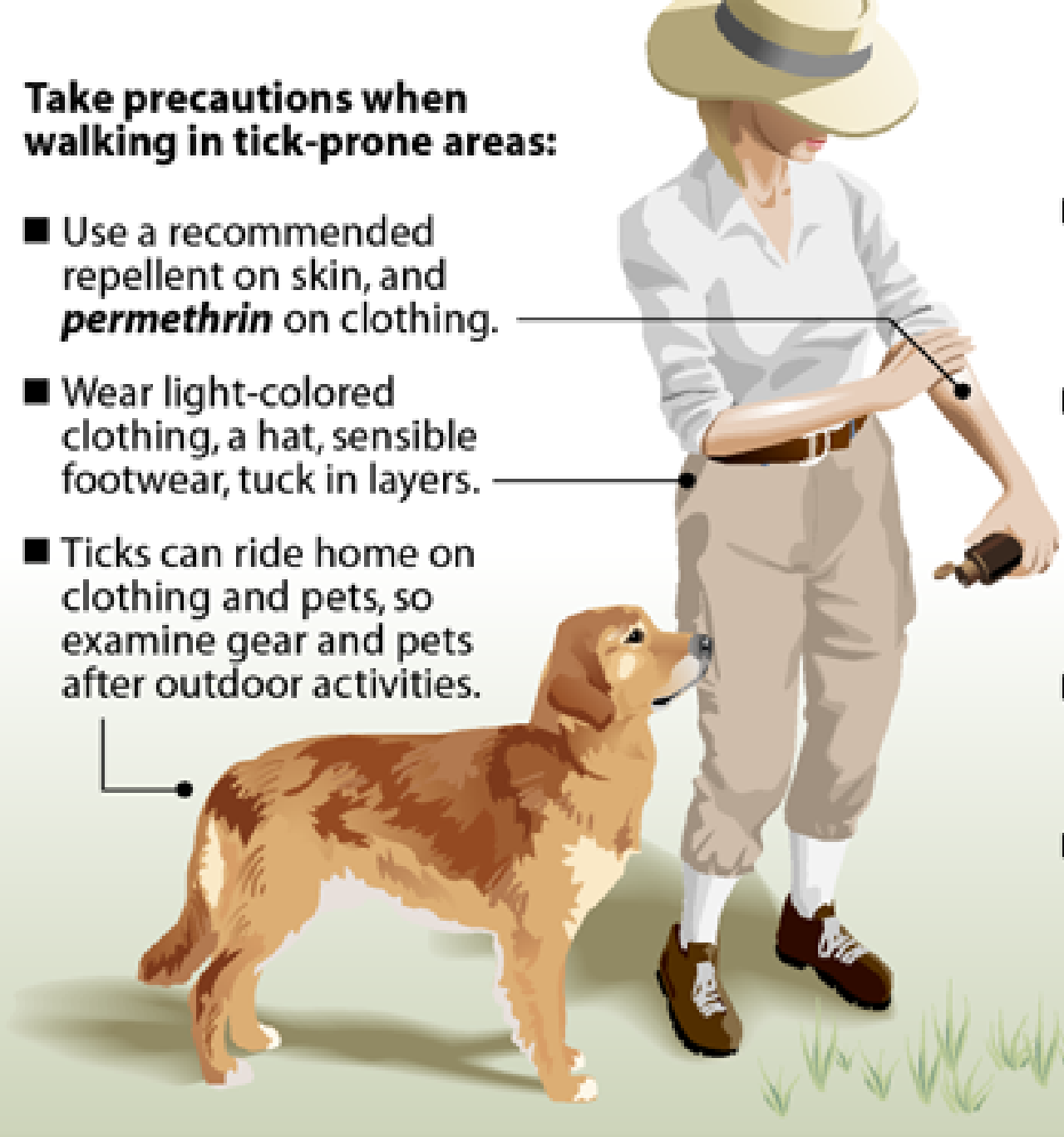


**nymph
(n)**

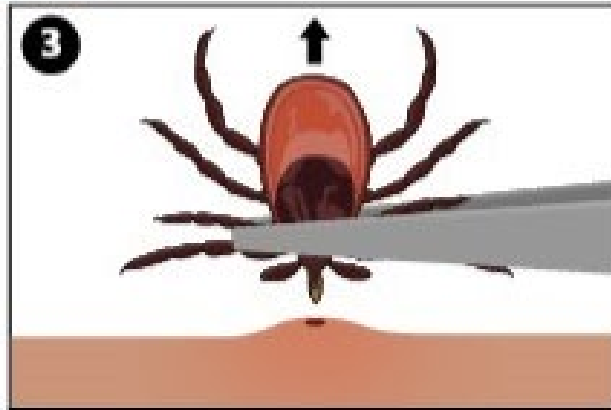
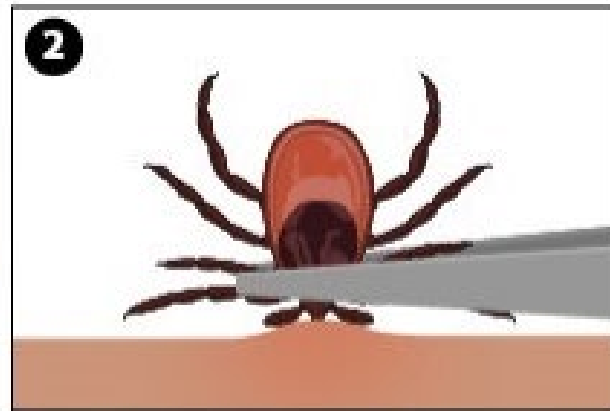


Take precautions when walking in tick-prone areas:

- Use a recommended repellent on skin, and *permethrin* on clothing.
- Wear light-colored clothing, a hat, sensible footwear, tuck in layers.
- Ticks can ride home on clothing and pets, so examine gear and pets after outdoor activities.



- Bathe/shower soon after walking in tick-infested areas. Use mirrors for a full-body exam.
- Parents should check children thoroughly, especially around the ears, under arms, the hair and where clothing gathers.
- Use a lint roller on clothing after possible exposure.
- Tumble dry clean clothing on high heat for at least 10 minutes to kill ticks; wash dirty clothing with hot water.



How to remove a tick

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
- Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet



<https://www.healthvermont.gov/>





Poisonous Plants

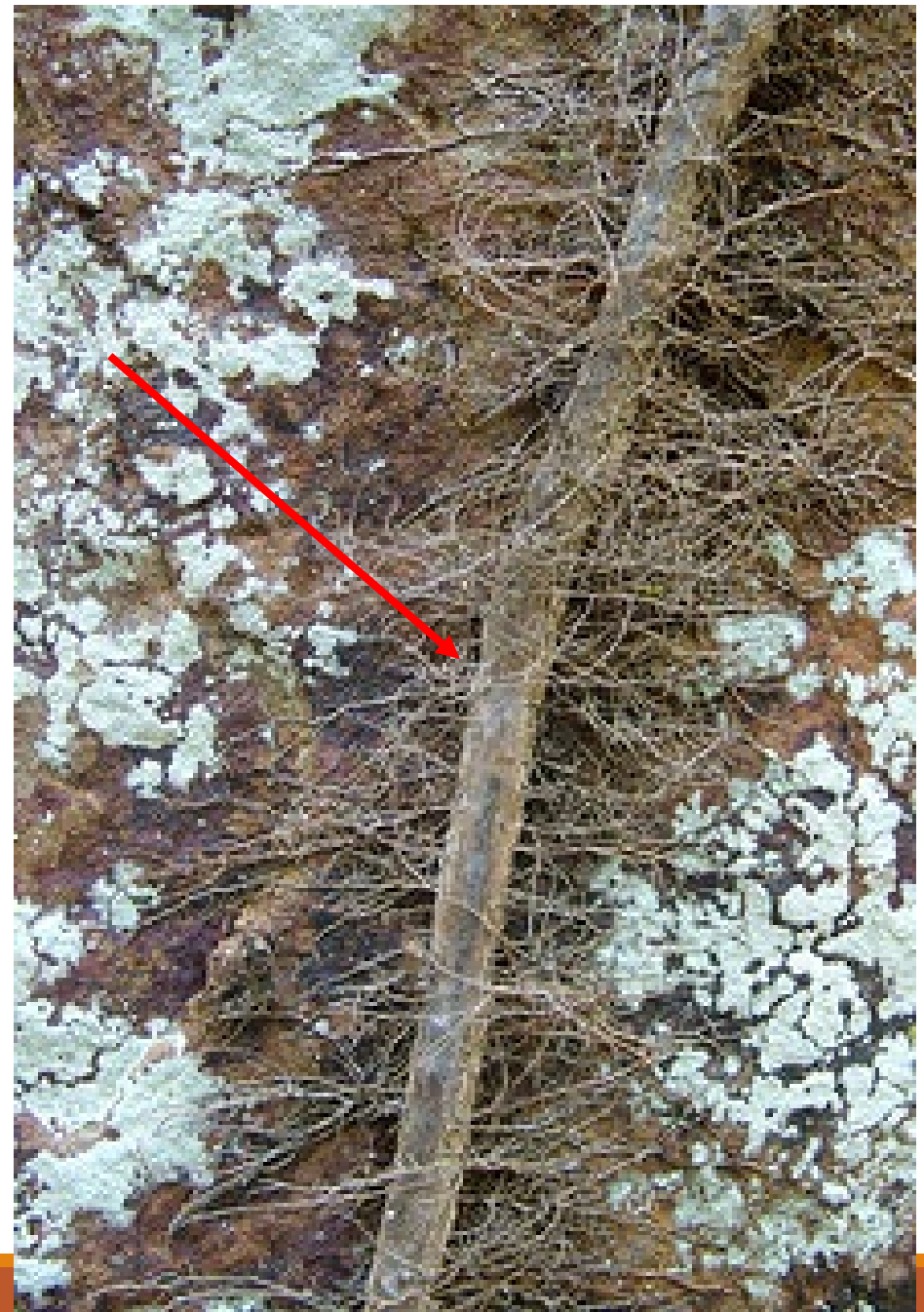




POISONOUS PLANTS

















Giant Hogweed



Cow Parsnip



Giant Hogweed



Cow Parsnip



Giant Hogweed



Cow Parsnip



Signs of Exposure



PROTECT YOURSELF







Heat Illness





PRIMARY FACTORS CONTRIBUTING TO **HEAT STRESS**



ENVIRONMENT

Air temperature,
humidity, the sun



WORKER

Hydration, clothing,
medical conditions,
acclimatization
*(how your body copes with a
hot environment)*



WORK

The amount of work done
and how much effort it
takes to complete the work

Reference: WorkSafeBC, Preventing Heat Stress at Work, 2007.

What is Heat
Stress?

Signs and Symptoms of Heat Related Illnesses

Heat Exhaustion:

- Excessive sweating
- Cramps
- Rapid pulse
- Headache
- Nausea
- Vomiting
- Fatigue



Heat Stress:

- Dried, red skin
- Red hot skin
- High body temperature
- Disoriented
- Confusion
- Fainting
- Convulsions & Seizures

The Four Elements for the Prevention of Heat Related Illnesses

Your employer should provide:

1. Drinking Water
2. Shade
3. Written procedures for Health and Safety
4. Training and education for affected employees.





**Todd Eaton,
Vermont Local Roads,
Technical Assistance and
Training Specialist
Todd.Eaton@Vermont.gov
(802)353-0110**

