



Corporate Safety Notice

DATE: July 16, 2019

TO: ALL LIRR EMPLOYEES

FROM: Paul Manske, Deputy Chief Safety Officer - OES

A handwritten signature in blue ink, appearing to read 'Paul Manske', is written over the 'FROM:' line.

SUBJECT: WORKING SAFELY IN THE HEAT

As we enter the hottest days of the year, all employees of the LIRR are advised to take steps to protect themselves and help others who may be at increased risk from the heat. Steps to take include:

- drink plenty of fluids
- take frequent breaks
- wear light weight fabrics in lighter colors
- seek out shade or areas of cooling

Supervisors are urged to:

- Plan your work so that strenuous activities occur early in the morning or later in the evening
- Plan to prep for your work in cooler shop areas before venturing out

Heat illness is serious. Prolonged exposure to the heat can be harmful and potentially fatal. Keep your eye out for the signs of heat stress in you and your fellow employees, the symptoms are:

- Fatigue
- Headache
- Muscle aches and cramps
- Drenching sweats
- Fainting
- Nausea
- Excessive thirst
- Weakness
- Dizziness

NIOSH / OSHA has a useful Heat App that can help keep you and your family safe as you plan your work, sports, hobbies and family activities. The App for iPhone can be found at:

<https://itunes.apple.com/us/app/osha-niosh-heat-safety-tool/id1239425102?mt=8>

The Heat App for Android can be found at:

<https://play.google.com/store/apps/details?id=erg.com.nioshheatindex>

Attached you will find the stock items on-hand (Summer Gear Catalogue) at the LIRR for working outdoors in higher temperatures. Be prepared for the heat, watch out for each other and stay cool and safe.