



#26-24

June 24, 2024

Heat Related Stress & Illness

During the summer months with elevated temperatures, construction workers who work in the direct sunlight or in hot, enclosed areas are at risk for heat-related illnesses.



Employers should take steps to minimize the effects of high heat on their employees and provide education on heat-related stress & illnesses. The following info and links below can be used to provide awareness and plan for high heat days.

What is Heat Stress?

- Heat stress occurs when the body cannot cool itself effectively through sweating.
- It can lead to heat-related illnesses such as heat exhaustion and heat stroke.

Symptoms of Heat Exhaustion:

- Headache, dizziness, lightheadedness, fainting

- Nausea, vomiting, weakness and moist skin
- Mood changes, irritability, confusion

Symptoms of Heat Stroke:

- Dry, hot skin with no sweating
- Mental confusion, loss of consciousness, seizures or convulsions
- Note: Heat stroke can be fatal

Preventing Heat-Related Stress and Illness:

- Know the symptoms of heat-related illnesses.
- Stay hydrated: In high heat, drink 1 cup of water every 15-20 minutes.
- Where practical, reduce or block out sun or other heat sources.
- Use fans, misting, or air conditioning units to cool/circulate air.
- Wear lightweight, light-colored, loose-fitting clothes.
- Avoid: Alcohol, highly caffeinated drinks, or heavy meals.
- Use sunscreen: SPF 15 or higher and reapply every 2 hours.

Treating Heat-Related Stress and Illness:

- If a worker shows signs of heat stress or heat illness, call 911 and seek medical attention immediately.
- Move the worker to a cool, shaded area and provide air movement.
- Loosen or remove heavy clothing.
- Provide cool drinking water and mist the person with water.

Additional heat-related resources can be found at:

- [CPWR's website](#)
- [National Weather Service – Pittsburgh](#)
- [National Weather Service – Heat Forecast Tools](#)

June is
Trench Safety Month

June is Trench Safety Month, focusing on providing workers in and around trenches and excavations with information about excavation requirements and safety procedures. Visit AGC's page for resources related to trenching and excavation safety.

JUNE IS TRENCH SAFETY MONTH!

Safety Training and Protective Systems Save Lives



Trench Safety Resources



New & Improved for 2024

CAWP Cares Program

The CAWP Cares Program was born out of a desire to support heavy/highway field workers' physical and mental well-being. This year, recipients will receive a pair of **Honeywell UVEX by Hypershock Safety Glasses** as well as information on the **Yinz Good program**, a campaign aimed at promoting mental health and suicide prevention in the construction industry. Yinz Good seeks to raise awareness about the challenges faced by construction workers and offers resources and support for those struggling with mental health issues.

Order CAWP Cares safety glasses for your field workers today! There is a nominal charge of \$5.00 per pair of safety glasses that will go directly into the **Brandon Chaney CLC scholarship fund***. The glasses will be available for pick up on June 28 at the CAWP 90th Anniversary

Celebration. Should you have questions, or wish to order more, please contact Emily at emilym@cawp.org for more information.

**Developed in 2008 by the CAWP Constructors Leadership Council (CLC), this scholarship was named in memory of Brandon Chaney, an aspiring third-generation heavy/highway construction professional who died at the age of 16 in an automobile accident. The scholarship is awarded yearly to the top-ranking first-year apprentice in each of the four heavy and highway apprenticeship programs in western Pennsylvania.*

ORDER FORM



**LAST CALL! Join us THIS FRIDAY, JUNE 28 for the
CAWP 90th Anniversary Celebration**

In 2024, CAWP celebrates 90 years of serving the heavy/highway construction industry in western PA. In honor of that milestone, please join us for an afternoon of food, drinks, fun, and networking at this family-friendly event!

Details & Registration



90 YEARS
CAWP **GOLF OUTING**
 1934-2024

August 26, 2024
 Fox Chapel Golf Club & Pittsburgh Field Club

REGISTRATION COMING SOON

MENTAL HEALTH
MINUTE

YINZ
GOOD?

AGC of America offers a four-part Mental Health & Suicide Prevention video series that shares stories from real industry professionals who have struggled with mental health.

These videos touch on substance abuse and misuse, suicide, and more. Through sharing these stories, their goal is for others to know they are not alone and that it's okay to seek help when needed.

[Watch: Mental Health & Suicide Prevention Videos](#)

Recent Bulletins

June 18
[Heat-Related Stress & Illness](#)

Proud Chapter

CAWP Safety Bulletin #9-24

June 18
Project Scheduling Tips for Upcoming
Independence Day Holiday
CAWP Labor Bulletin #11-24



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