



# Tool Talk Safety Meeting

**Date – 7/8/2019**

**Topics – MANAGING HEAT STRESS**

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Precautions should be taken when working in high temperatures.

## To Prevent Heat Illness

- Drink water frequently (approximately 1 cup every 15-20 minutes)
- Drink sports drinks containing balanced electrolytes
- Avoid drinks with large amounts of caffeine or sugar
- Avoid alcohol the day before working in hot weather
- Generally, fluid intake should not exceed 6 cups per hour
- Eat fruits and vegetables as they contain water and potassium
- Monitor yourself and others for signs of heat stress
- Protect against sunburn

## Symptoms of Heat Exhaustion

- Headache, dizziness or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea or vomiting

## Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse or have seizures (fits)
- May stop sweating

If you have any questions about Tool Talk Topics or other safety items contact Kurt Shea at 269-207-2055 or [kurt@pkcontracting.com](mailto:kurt@pkcontracting.com)



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## Topics – Work Zone Defined

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Pavement markings convoys are required to have signs defining the mobile work zone. The requirement applies to large pavement marking convoys of many trucks or or small work zones with a single truck. For crews using 2 or more vehicles MDOT Pavement marking convoy typicals require Begin/End convoy signs on the first and last vehicle. For crews using 1 moving or stationary vehicle Begin/End convoy signs are not required and the work zone is defined as 150 feet in front of and 150 feet behind a truck equipped with a working beacon or strobe.

Here is an excerpt from the Michigan Vehicle Code (Act 300 of 1949) defining a work zone  
257.79d “Work zone” Defined.

Sec. 79d. “Work zone” means a portion of a street or highway that meets any of the following:

- (a) Is between a “work zone begins” sign and an “end road work” sign.
- (b) For construction, maintenance, or utility work activities conducted by a work crew and more than 1 moving vehicle, is between a “begin work convoy” sign and an “end work convoy” sign.
- (c) For construction, maintenance, surveying, or utility work activities conducted by a work crew and 1 moving or stationary vehicle exhibiting a rotating beacon or strobe light, is between the following points:
  - (i) A point that is 150 feet behind the rear of the vehicle or that is the point from which the beacon or strobe light is first visible on the street or highway behind the vehicle, whichever is closer to the vehicle.
  - (ii) A point that is 150 feet in front of the front of the vehicle or that is the point from which the beacon or strobe light is first visible on the street or highway in front of the vehicle, whichever is closer to the vehicle.

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