

# SWAB MASTER LTD.

## Monthly Bulletin – JULY '23

### OH&S CODE REVIEW

Part 4 Chemical Hazards,  
Biological Hazards and  
Harmful Substances

#### General Requirements

Worker exposure to  
harmful substances

16(2.1) The amended  
occupational exposure limit  
for coal dust as shown in  
Schedule 1, Table 2 comes  
into effect on July1, 2010.

16(3) If no occupational  
exposure limit is  
established for a harmful  
substance present at a work  
site, an employer must  
ensure that a worker's  
exposure to that substance  
is kept as low as reasonably  
achievable.

16(3.1) A worker may not  
be exposed to a substance  
listed in Schedule 1, Table  
2 at a concentration  
exceeding its ceiling limit  
at any time.



### SAFETY MANUAL REVIEW

#### HOT WEATHER POLICY

Heat-related emergencies may be likely during the summer season if due care is not taken. Proper care can help prevent these emergencies from occurring. Causes of heat-related emergencies can be **Environmental** (heat wave, high humidity), **Physical** (chronic illness sufferers and heart disease), **Behavioural** (spending too much time in the sun or not drinking enough water) or **others** (obesity, fatigue).

#### PREVENTION

- Drink plenty of fluids – this is the most important action you can take.
- Slow down your activity as it gets hotter.
- Take frequent breaks in a cool or shaded area to allow your body to cool down.
- Wear a hat when you're in the sun.
- Avoid caffeine and alcohol that can cause dehydration.

#### SYMPTOMS

Muscle cramps	Moist skin	Nausea	Dizziness
Weakness	Exhaustion	Fever	Irritable
Rapid/weak pulse	Rapid/shallow breathing		
Skin is more red or pale than normal			

***NOTE: When the weather is hot, and you feel dehydrated be careful not to consume too much water at one time! Drink only enough to become hydrated.***

#### **WATER INTOXIFICATION...Yes, it is a real condition!**

The body needs water to function correctly but drinking too much too fast can have serious health consequences. The kidneys can only remove 0.8 to 1.0 liters of water per hour, and a very high-water intake can upset the body's electrolyte balance. The symptoms of water intoxication are general — they can include confusion, disorientation, nausea, and vomiting. In rare cases, water intoxication can cause swelling in the brain and become fatal.

Drinking too much water increases the amount of water in the blood. This can dilute the electrolytes, especially sodium, in the blood.

If sodium levels fall below **135 millimoles per liter (mmol/l)**, doctors refer to the issue as ***Hyponatremia***.

Sodium helps maintain the balance of fluids inside and outside of cells. When sodium levels drop due to excessive water consumption, fluids travel from the outside to the inside of cells, causing them to swell.

Salt tablets are common to ingest in very hot climates, used as an electrolyte replenisher to help prevent heat cramps caused by too much sweating.

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## COMPANY NEWS

- IPC orientations are due!
- Check the expiration of your PPE!
- Always ensure you are considering emergency response numbers during pre-job safety meetings.

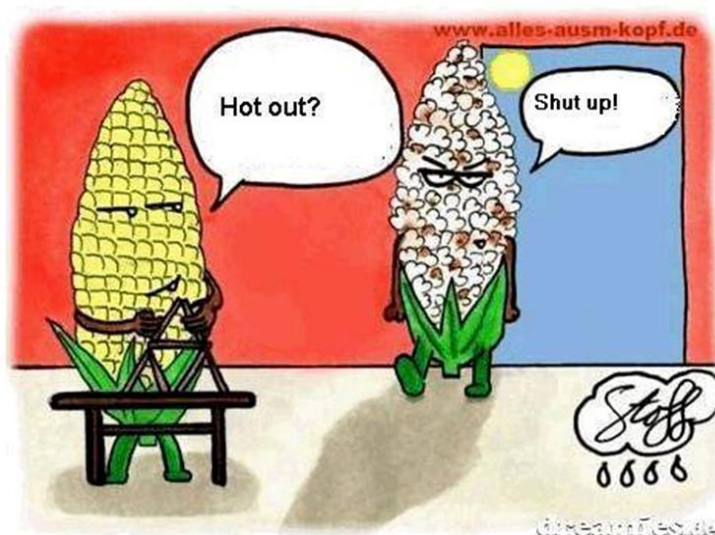


*Sending Happy Birthday wishes to Starla & Abe!*

**Safety is as  
simple as ABC...**

**... Always Be  
Careful!**

## THE LAST LAUGH



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