

MONTHLY SAFETY FOCUS

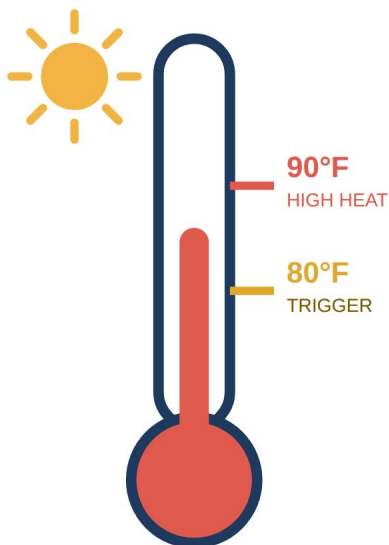
PPE & HYDRATION

Summer in the shop is a hazard of its own. Dress for the job, drink before you're thirsty, and know the warning signs.

80°F

HEAT INDEX WHERE
CONTROLS KICK IN

KNOW YOUR TRIGGERS



1

DRESS FOR THE JOB

Bay baseline: **Z87.1 glasses, safety-toe boots, task gloves** — heat is no excuse to shed them. Light, breathable layers; fix the fit instead of losing the protection. (29 CFR 1910.132)

2

DRINK BEFORE YOU'RE THIRSTY

About **a cup of water every 15–20 minutes** in the heat — if you're thirsty, you're already behind. Skip energy drinks; caffeine and sugar dehydrate. Electrolytes on heavy-sweat days.

3

WATCH EACH OTHER

Heavy sweating, dizzy, headache = **heat exhaustion** → water, shade, rest. Confusion, hot dry skin, stopped sweating = **heat stroke** → 911 and cool them NOW. Minutes matter.



HEAT STROKE IS A 911 CALL — NOT A BREAK

If someone's confused, stops sweating, or goes hot and dry — call 911, get them to shade, cool them with water. OSHA's heat priority days start at an 80°F heat index, and our industry is on their high-risk list.

THIS MONTH, TALK ABOUT

- Where the water, shade, and cool-down spots are **at this location**.
- First hot stretch: new and returning workers ease in over 1-2 weeks.
- PPE check - scratched glasses, blown-out boots, wrong gloves get swapped today.
- Heat exhaustion vs. heat stroke - can everyone tell the difference?
- **Eye protection** - order through **Imperial Supplies**.
- **Hearing protection** - required when **impacting** or working in high-noise areas.

EVERY HOT DAY

- ✓ Water within reach at every bay
- ✓ A cup every 15–20 minutes — more if sweating hard
- ✓ Breaks in shade or AC on 90°F+ days
- ✓ Glasses, boots, gloves stay on — no heat shortcuts
- ✓ Watch your buddy — speak up at the first sign

Andrews Logistics LP — Maintenance Division. Reference: OSHA General Duty Clause 5(a)(1) • OSHA Heat NEP (rev. Apr 2026) • 29 CFR 1910.132

Emergency: 911 | Report a hazard or near-miss to your Shop or Terminal Manager immediately | OSHA 1-800-321-OSHA

GO HOME SAFE

SCAN TO SIGN IN

Maintenance Safety Focus • July 2026 • PPE & Hydration

Sign the stand-down roster from your phone • ali-dashboards.58jx6jpbrs.workers.dev



INSTRUCTOR OUTLINE — PPE & HYDRATION

For the Shop or Terminal
Manager
10–15 minutes • read, don't
recite

BEFORE YOU START

- Walk the shop first: confirm water coolers are full and note the shade / AC break spots you'll point to.
- Check this week's forecast — reference the hottest day coming.
- Grab one scratched pair of safety glasses and one good pair to pass around.

TALKING POINTS

1 WHY NOW

Our industry is on OSHA's high-risk list for heat enforcement, and heat priority days start at an 80°F heat index. But this isn't about OSHA — heat puts workers in the hospital every summer and it is completely preventable.

2 HYDRATION THAT WORKS

A cup of water every 15–20 minutes. By the time you feel thirsty you're behind. Caffeine and energy drinks work against you — water first, electrolytes on heavy-sweat days.

3 THE DANGEROUS FIRST WEEK

Acclimatization is real: new hires and anyone back from time off need to ramp up over days, not hours. Watch them closer — most heat casualties are people who weren't used to it yet.

4 PPE IN THE HEAT

The temptation is to shed it — fogged glasses, sweaty gloves. Fix the fit, clean the lens, swap the gear. The baseline doesn't change because it's July: Z87.1 glasses, safety-toe boots, task gloves.

5 RECOGNIZE AND RESPOND

Exhaustion — heavy sweat, dizzy, headache, clammy → water, shade, rest, and keep eyes on them. Stroke — confused, hot and dry, stopped sweating → 911 immediately, move to shade, cool with water. Never leave them alone.

ASK THE CREW

- 1 Where's the nearest water and the coolest break spot in this shop?
- 2 Who's felt heat exhaustion coming on? What did it feel like?
- 3 A coworker suddenly gets confused and stops making sense — what do you do, right now?
- 4 What PPE gets skipped when it's hot — and what would make it easier to keep on?

WATER. REST. SHADE. WATCH EACH OTHER.

Everyone signs the Stand-Down Roster before leaving. File the signed roster with this month's safety records (Policy 2-1.0 §6).