

THE HAZARD REMIEDIATOR



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Office of Safety and Risk Management

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Welcome Ariel Maciulewicz



If you have called our office recently, you may have noticed a new voice on the phone. We are happy to have Ariel as our new Administrative Assistant.

Please join us in welcoming Ariel and wishing her the best in her new position.

AHERA LEA Designee Training at BOCES

A training program for AHERA LEA Designee will be held at the Cayuga-Onondaga BOCES Regional Center on Thursday, August 3, 2017. The program will run from 8:30 am until 12 noon.

AHERA 40 CFR §763.84 mandates that school districts designate a person (LEA Designee) to oversee asbestos activities in the district. Districts should check to be sure that their Board of Education has appointed a LEA Designee.

Additionally, AHERA mandates LEA Designees receive adequate training to perform their duties. LEA Designees and other school officials with responsibilities for asbestos-related activities should attend this program. A certificate of attendance will be provided to all attendees.

To register, contact Kelly Walsh at kwash@cayboces.org or 315-255-7683. For any questions, please do not hesitate to contact the Office of Safety and Risk Management.



Process Change for Submission of Capital Projects to the NYSED Office of Facilities Planning

The NYSED Office of Facilities Planning has been working hard to reduce the time between submission of school district capital projects to its office and the issuance of building permits.

Though the work is ongoing, the Office of Facilities Planning has identified some adjustments that they will make to eliminate at least some of the sticking points in their process. In order to implement these changes, they will need to make temporary alterations to their workflow in order to build the capacity they need to be more effective in the long term.

Please visit the website www.p12.nysed.gov/facplan/ for more information and to access the memo explaining the upcoming changes in the project review process and to frequently asked questions about the process change.



National Weather Service Flood Terms

Do you know the difference between a flood watch and a flood warning ?

Flash Flood Warning: Take Action! A Flash Flood Warning is issued when a flash flood is imminent or occurring. If you are in a flood prone area move immediately to high

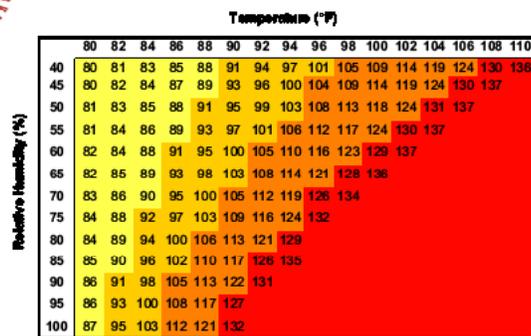
ground. A flash flood is a sudden violent flood that can take from minutes to hours to develop. It is even possible to experience a flash flood in areas not immediately receiving rain.

Flood Warning: Take Action! A Flood Warning is issued when flooding is imminent or occurring.

Flood Watch: Be Prepared: A Flood Watch is issued when conditions are favorable for flooding. It does not mean flooding will



National Weather Service Heat Index Chart



Likelihood of Heat Disorders with Prolonged Exposure and/or Strenuous Activity
 ■ Caution ■ Extreme Caution ■ Danger ■ Extreme Danger

NOAA National Weather Service Heat Index

IMPORTANT: Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase heat index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.

The Heat Index Chart shaded zone above 105°F shows a level that may cause increasingly severe heat disorders with continued exposure or physical activity.

The Hazards of Excessive Heat

When the body heats too quickly to cool itself safely, or when you lose too much fluid or salt through dehydration or sweating, your body temperature rises and heat-related illness may develop. Heat disorders share one common feature: the individual has been in the heat too long or exercised too much for his or her age and physical condition.

Studies indicate that, other things being equal, the severity of heat disorders tends to increase with age. Conditions that cause heat cramps in a 17-year-old may result in heat exhaustion in someone 40 years old, and in heat stroke in a person over 60. Sunburn, with its ultraviolet radiation burns, can significantly retard the skin's ability to shed excess heat. Acclimatization has to do with adjusting sweat-salt concentrations, among other things. The idea is to lose enough water to regulate body temperature, with the least possible chemical disturbance/salt depletion.

Excerpts courtesy of the NOAA National Weather Service.

Heat Index Information

Heat alert procedures are based mainly on Heat Index values. The Heat Index, sometimes referred to as the apparent temperature, is given in degrees Fahrenheit. The Heat Index is a measure of how hot it really feels when relative humidity is factored with the actual air temperature.

To find the Heat Index temperature, look at the above chart. As an example, if the air temperature is 96°F and the relative humidity is 65%, the Heat Index (how hot it feels) is 121°F. The Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°–110°F (depending on local climate) for at least 2 consecutive days.



Heat-Related Illnesses Can Be Dangerous

This has been an unusually warm summer, and buildings and grounds supervisors should carefully monitor employees working in extreme temperatures to prevent heat-related illnesses.

Important ways to reduce heat exposure and the risk of heat-related illness include:

- Provide workers with water, rest and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimatize, or build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress

These factors include high temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical

condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Rapid heartbeat
- Upset stomach or vomiting.

Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and co-workers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly in the shade if possible.
- Drink lots of water; about 1 cup every 15 minutes, even if not thirsty.
- Wear lightweight, light colored, loose-fitting clothes and a hat.
- Avoid alcohol, caffeinated drinks, or heavy meals.

What to Do for Heat-Related Illness

Call 911. While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

Educational materials on the prevention of heat-related illness can be accessed on OSHA's website at: www.osha.gov/SLTC/heatillness/index.html



Avoid of the Giant Hogweed Plant !

Emergency management personnel issued a warning regarding a potentially serious outdoor health hazard. School buildings and grounds managers should be aware of the danger posed by contact with the giant hogweed plant.

Giant hogweed (*Heracleum mantegazzianum*) is a federally listed noxious weed. Its sap, in combination with moisture and sunlight, can cause severe skin and eye irritation, painful blistering, permanent scarring and blindness. Contact between the skin and the sap of this plant occurs either through brushing against the bristles on the stem or breaking the stem or leaves.

What to do if you come in contact with giant hogweed:

This plant poses a serious health threat; see your physician if you think you have been burned by giant hogweed. If you think you have giant hogweed on your property, do NOT touch it.

How do you identify giant hogweed?

Giant hogweed is a biennial or perennial herb in the carrot family (Apiaceae) which can grow to 12 feet or more. Its hollow, ridged stems grow 2-4 inches in diameter and have dark reddish-purple blotches. Its large compound leaves can grow up to 5 feet wide. Its white flower heads can grow up to 2 1/2 feet in diameter. Please refer to the Giant Hogweed Identification page at: <http://www.dec.ny.gov/animals/39809>.

[html](#) for further help.

Some other plants look very similar. If you need additional information or assistance in identifying your plant, you can call the NYS Department of Environmental Conservation at 845-256-3111. You will be asked to describe the plant height, stem color, leaf shape, flower color and shape, as well as give directions to the plant site.



For additional information and photographs of giant hogweed see:

- Health Hazards & Safety Instructions for Giant Hogweed – <http://www.dec.ny.gov/animals/72556.html>
- Health Advice – Giant Hogweed http://www.health.state.ny.us/environmental/outdoors/hogweed/giant_hogweed.htm

Information provided courtesy of the New York State Department of Environmental Conservation



NOTICE OF NON-DISCRIMINATION

The Cayuga-Onondaga BOCES does not discriminate on the basis of an individual's actual or perceived race, color, religion, creed, ethnicity, national origin, citizenship status, age, marital status, partnership status, disability, predisposing genetic characteristics, sexual orientation, gender/sex, military status, veteran status, domestic violence victim status or political affiliation, and additionally does not discriminate against students on the basis of weight, gender identity, gender expression, and religious practices or any other basis prohibited by New York state and/or federal non-discrimination laws in employment or its programs and activities. The BOCES provides equal access to community and youth organizations.

Inquiries regarding the District's non-discrimination policies should be directed to:

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August Health Observances

August 1 - 31

Children's Eye Health and Safety Month

American Academy of Ophthalmology

P.O. Box 7424

San Francisco, CA 94120-7424

(415) 561-8534

www.aao.org/eye-health

August 1 - 31

National Immunization Awareness Month

National Center for Immunization and Respiratory
Diseases

Centers for Disease Control and Prevention

1600 Clifton Road NE, MS E-05

Atlanta, GA 30333

(800) CDC-INFO (232-4636)

[www.cdc.gov/vaccines/events/niam/
default.htm](http://www.cdc.gov/vaccines/events/niam/default.htm)

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