

## FE&C – Safe and ahead of schedule at 100-H

FE&C, which was recently recognized as the Region 10 small business of the year, has been subcontracted to WCH since April 2008 to perform remediation activities at the 100-H Area. To date over 121,000 tons of waste have been shipped to ERDF from 100-H waste sites. Included in the scope of work for this project are 5 main burial grounds surrounded by 4 additional satellite waste sites. It is anticipated that remediation of the original burial grounds and other waste sites will be completed by the end of May, which is several months ahead of schedule. Despite the acceleration of schedule, FE&C's dedication to hard work and commitment to maintaining a safe work environment has been exemplified by reaching one year without a recordable injury or first aid case. This milestone was reached on April 16th and is a source of great pride for the work crew and supervisors.



Although the original scope of work is winding down, remediation activity at the 100-H Area is far from complete. It is expected that several failed confirmatory sampling sites will be added to the subcontract in early May. Addition of this work scope could extend the contract another year.



## Protect yourself from heat stress

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

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
- ⊗ 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 coworkers
- ⊗ Block out direct sun or other heat sources
- ⊗ Use cooling fans/air-conditioning; rest regularly
- ⊗ Drink lots of water; about 1 cup every 15 minutes
- ⊗ Wear lightweight, light colored, loose-fitting clothes
- ⊗ Avoid alcohol, caffeinated drinks, or heavy meals

### What to do for Heat-Related Illnesses

- ⊗ Call 911 (from land line) or 373-3800 (from cell phone) at once

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