

Dash Cams & Heat Illness in Construction

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Dash Cams



What are Dash Cams?

Video-based safety program

Detects and Captures Risk

Prevents incidents before they happen with in-cab alerts

Identifies at-risk behaviors for driver improvement



Why Dash Cams?

Keep employees safe

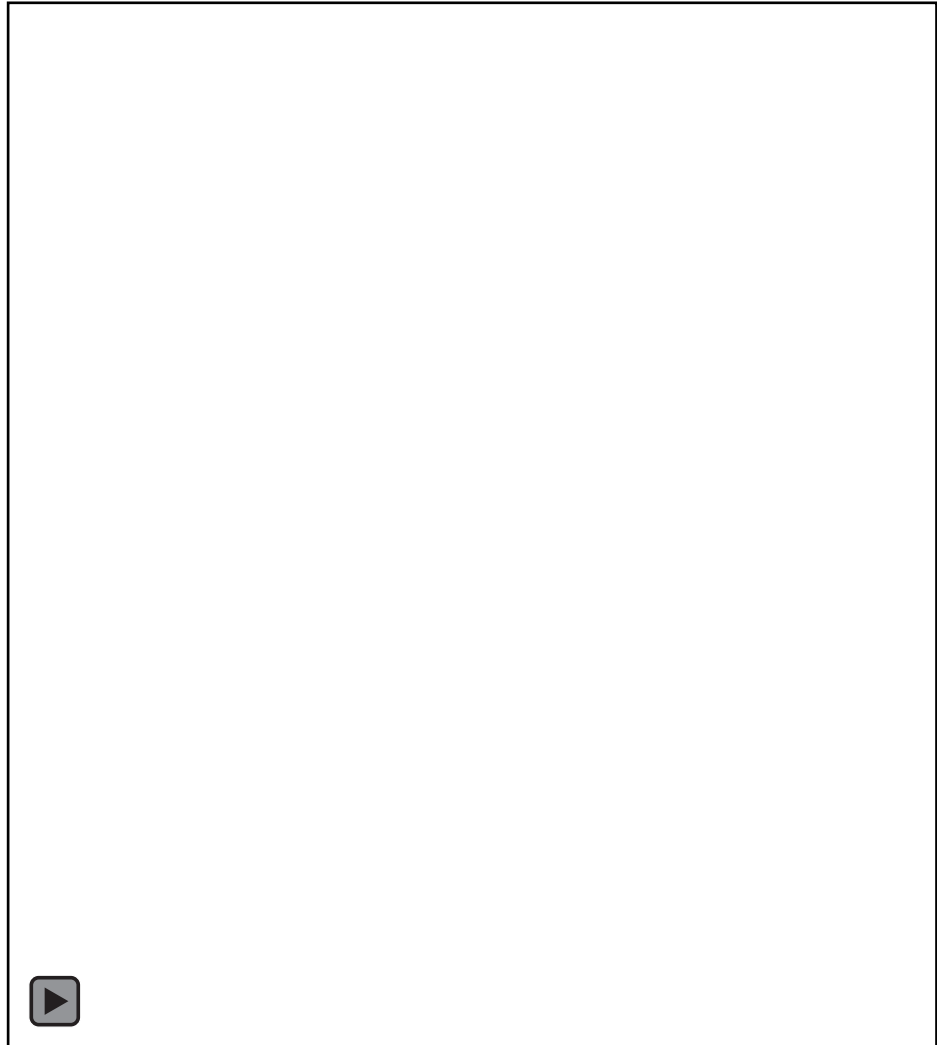
Exonerate drivers

Improve driver performance

Reduce at-fault collisions

Improve driver training

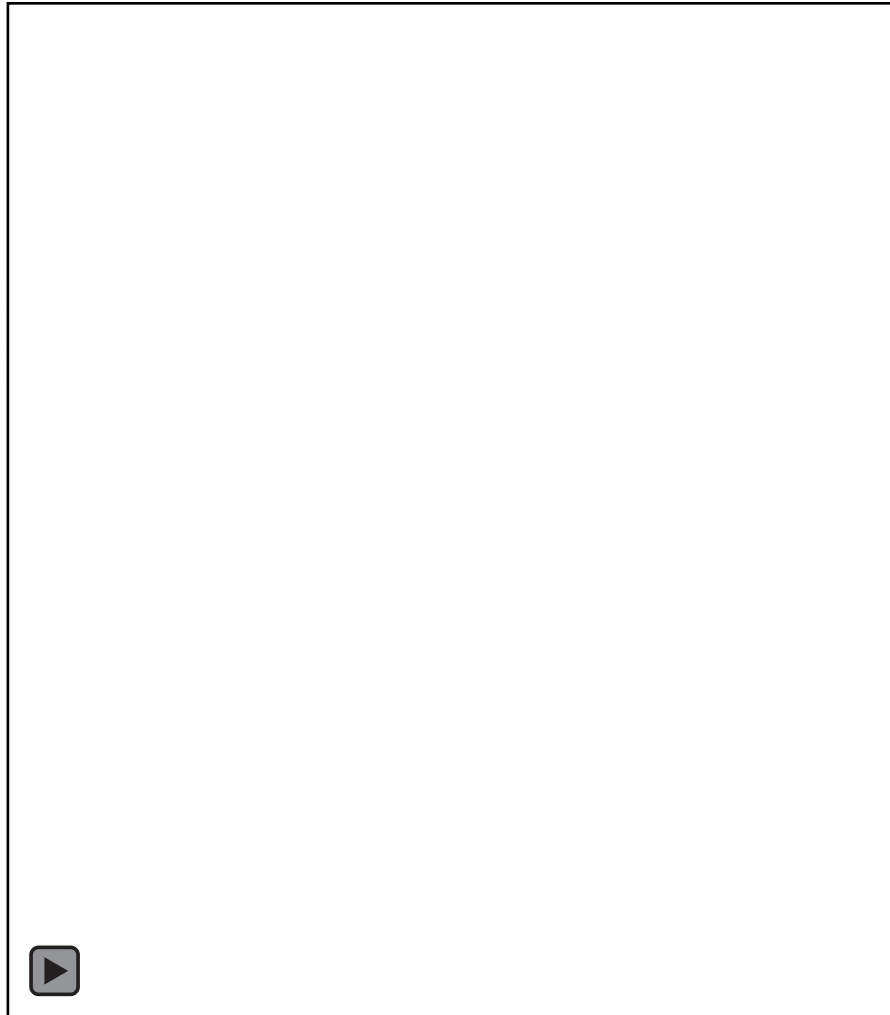
Increase driver retention



Why Dash Cams?



What do Dash Cams monitor?



At-Risk Driving Behaviors

- Speeding
- Distracted Driving
- Seat Belt Usage
- Harsh Event
- Following Distance
- Rolling Stops
- Camera obstruction



How do Dash Cams work?

Artificial Intelligence (AI) and telematics to detect at-risk driving behaviors

Alert driver of these behaviors through in-cab nudges (voice prompts)

Video Events saved when an at-risk driving behavior or crash is detected

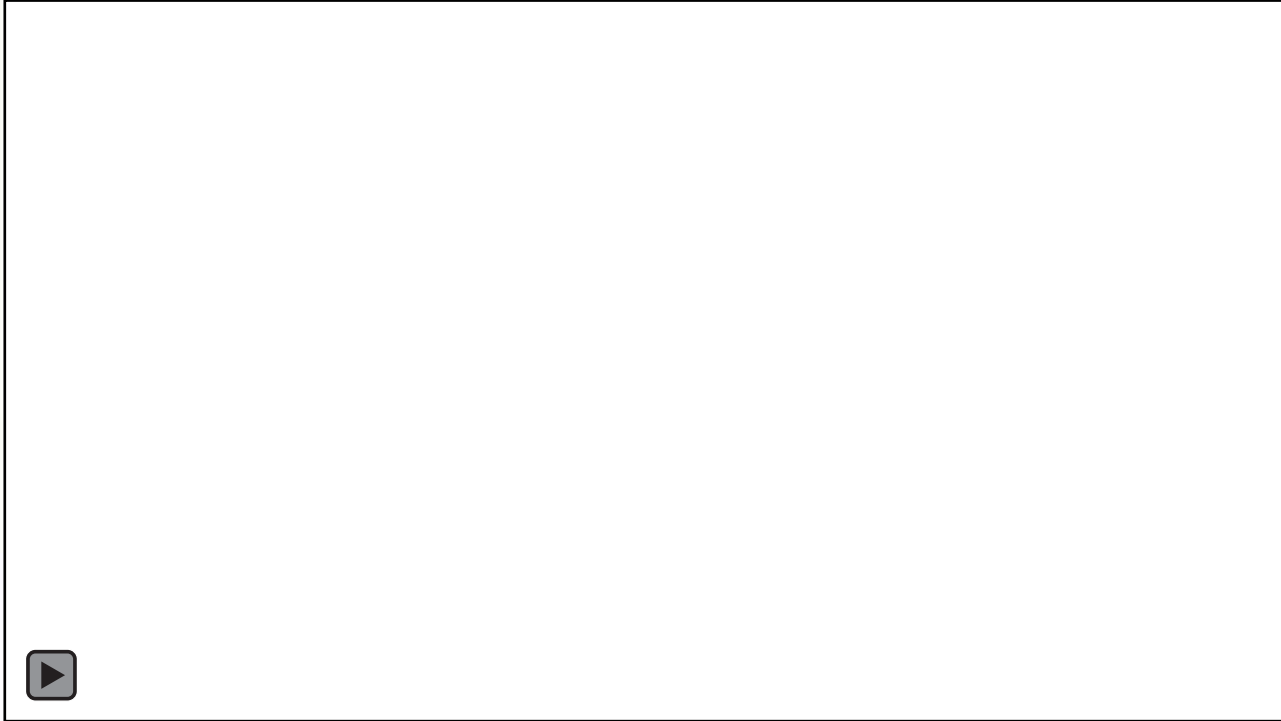
Video Events are automatically sent to a safety inbox for review

Coaching scheduled based on at-risk behaviors

Dash Cam does not record audio



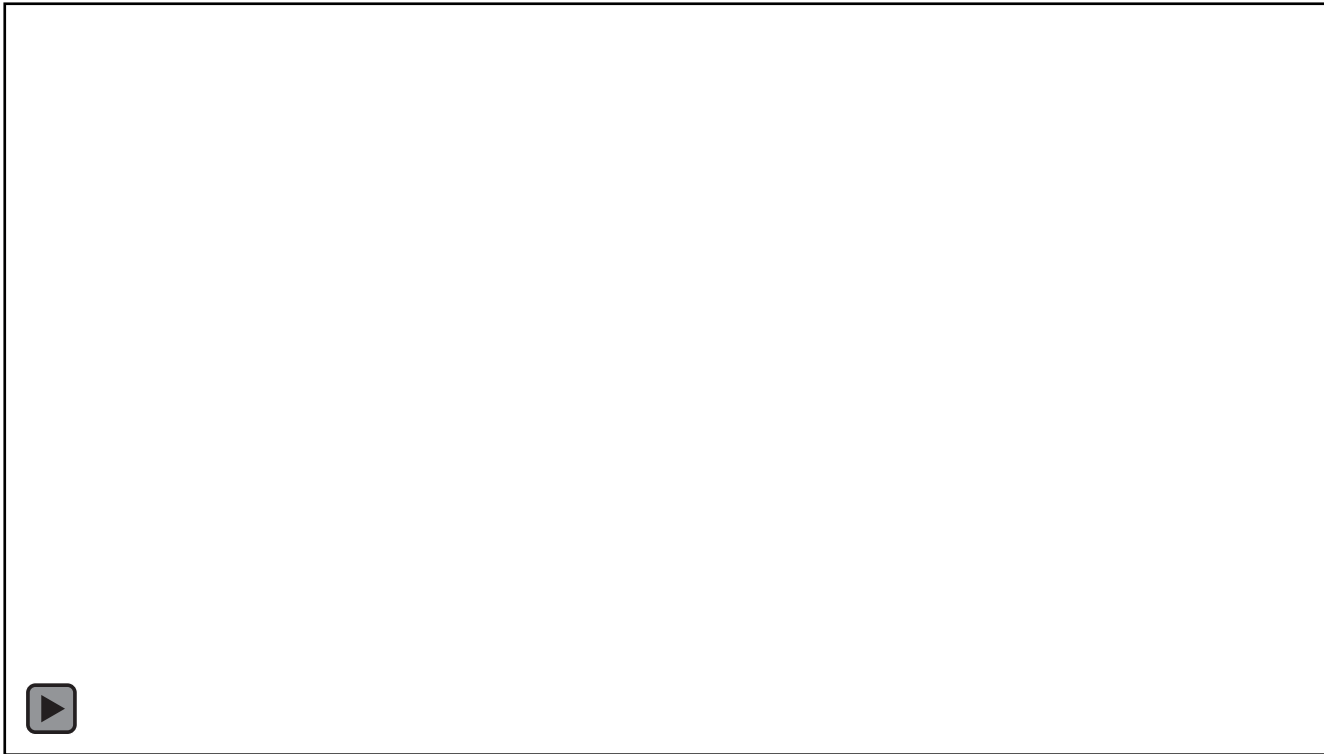
Handheld Phone



Violation of
company policy
and law



Seat Belt



Speed threshold
25 mph



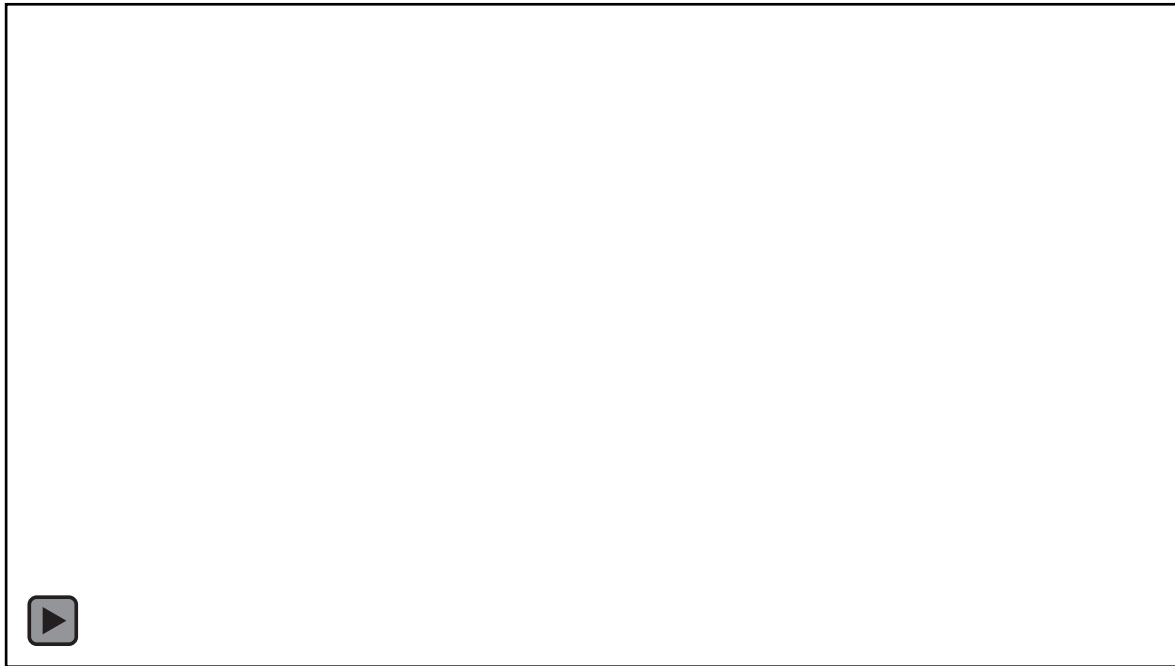
Distracted Driving



Camera detects dip
in head pose



Harsh Event



Harsh brakes,
accelerations,
turns, and crashes



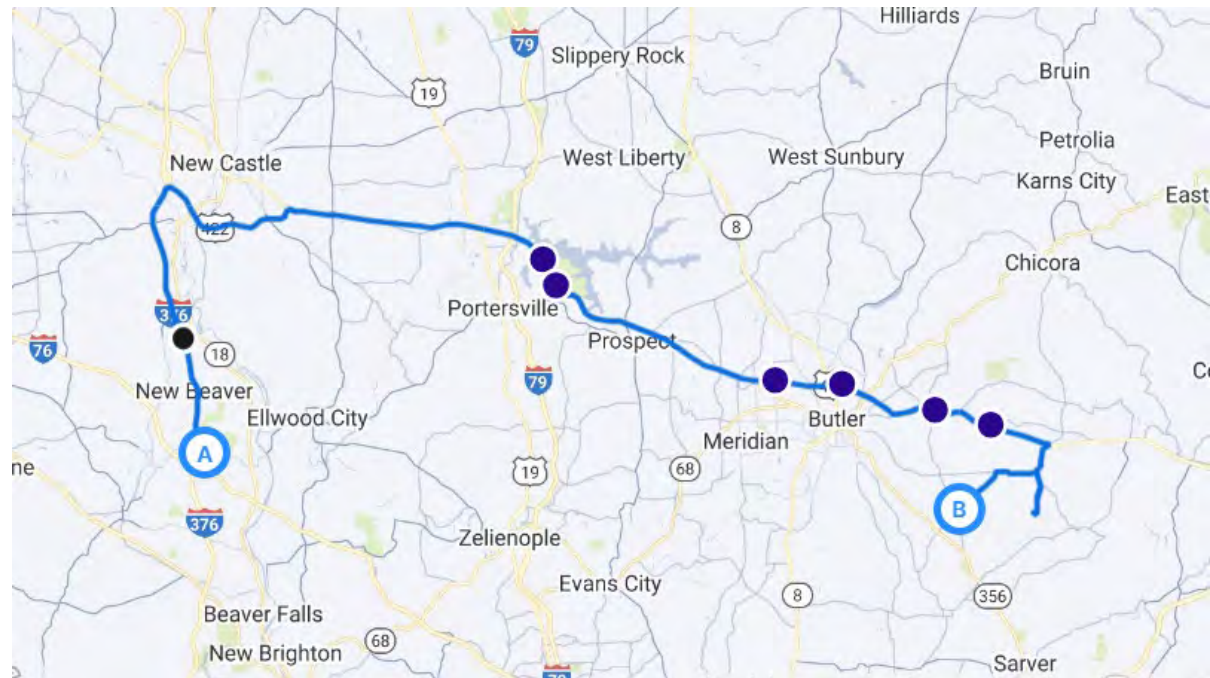
Speeding

Light Speeding

Moderate Speeding

Heavy Speeding

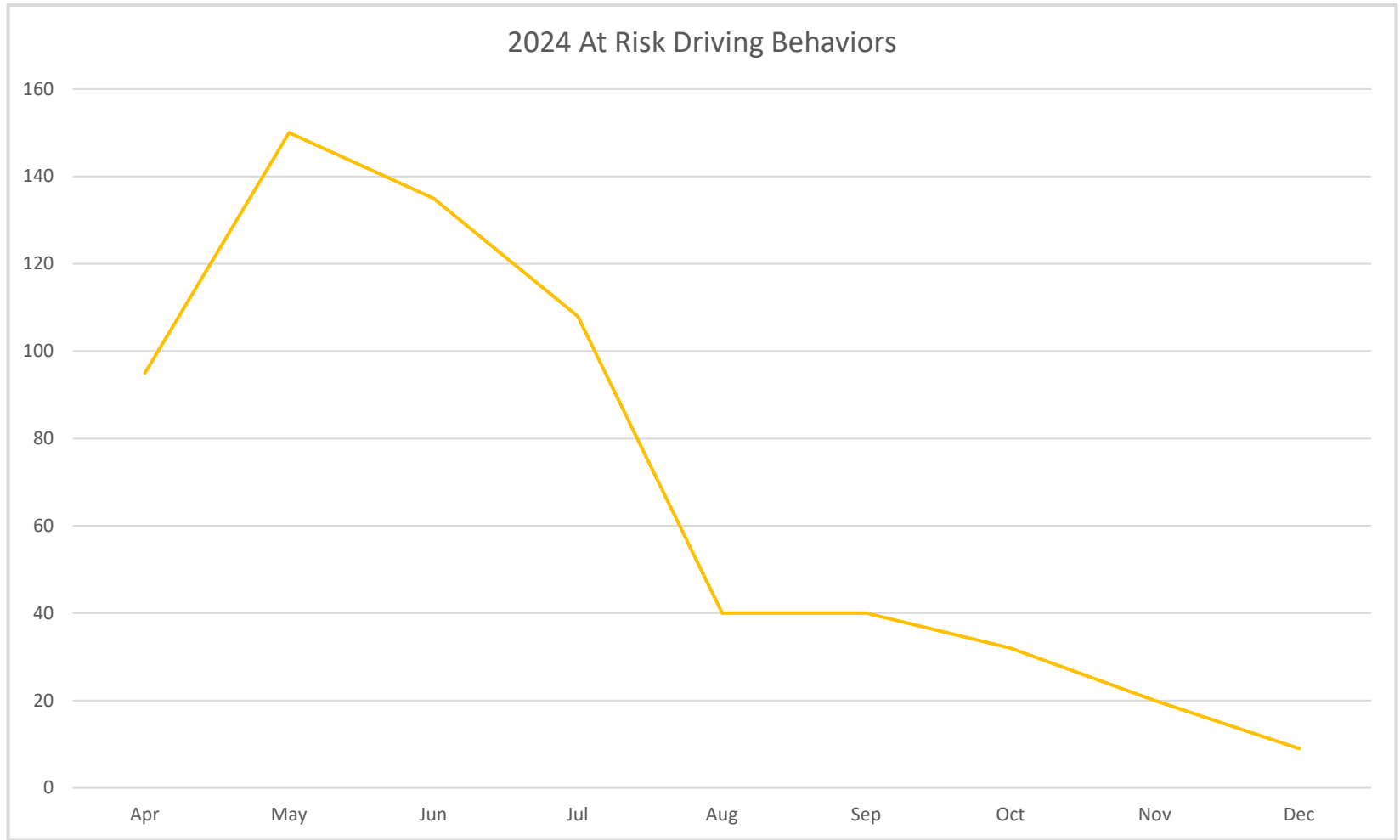
Severe Speeding



Drivers will receive an in-cab nudge when speed exceeds posted speed limit by 5 mph for 60 seconds.

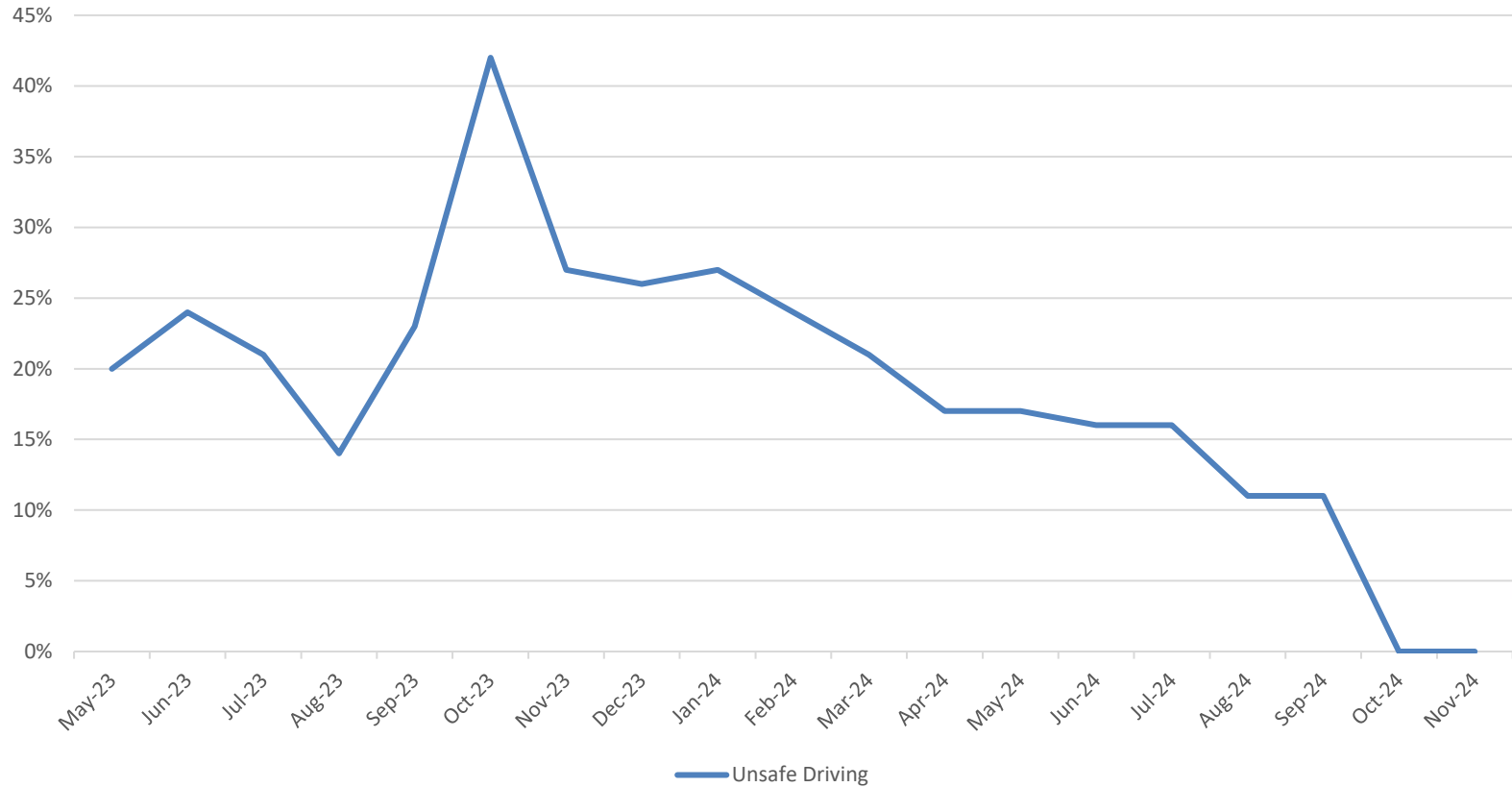


Coaching



Coaching

Unsafe Driving BASIC



Before Implementing a Dash Cam Program

Research

Commitment

Pilot

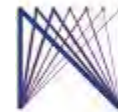
Policy

Training



samsara

motive



netradyne

lytx
DriveCam™



Questions on Dash Cams?



Staying Out of the Red Zone – Allan Myers



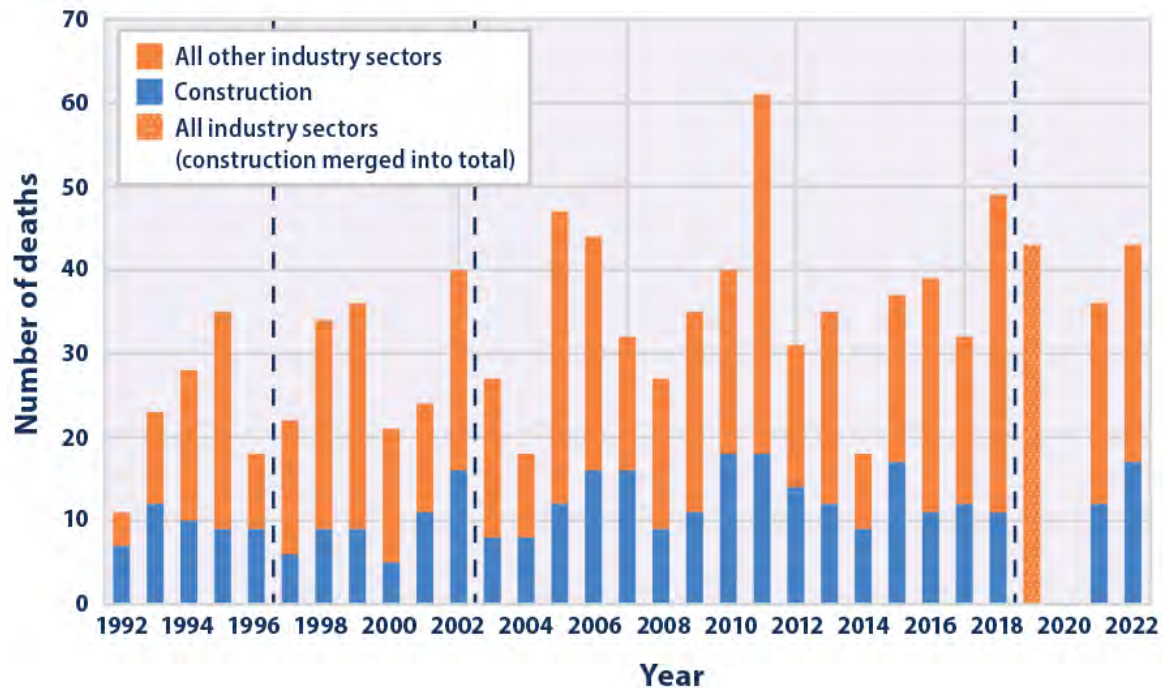
Heat Illnesses in Construction: Prevention, Signs, and OSHA's Proposed Rule



Why Heat Illness Matters in Construction

Construction workers are at high risk due to outdoor work, heavy physical exertion, and often limited shade.

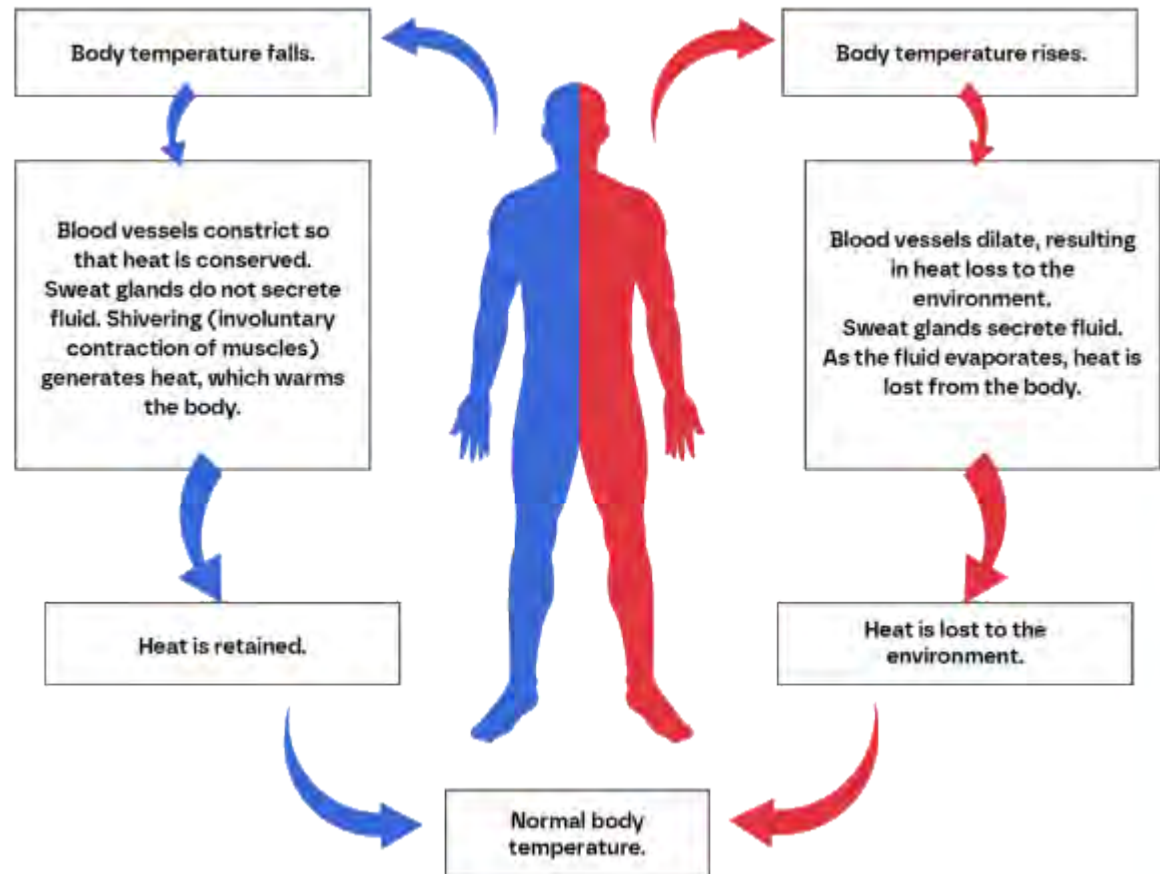
Heat is a leading cause of weather-related deaths in the U.S., with construction accounting for a significant portion of heat-related workplace incidents.



What Are Heat Illnesses

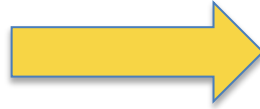
Heat illnesses occur when the body cannot cool itself effectively, leading to a rise in core temperature.

Range from mild to severe



Types of Heat Illnesses

Heat Rash: Red, itchy bumps on skin from excessive sweating.



HEAT RASH

HOW IT HAPPENS: Sweat ducts become clogged & sweat can't get to the surface of the skin

HOW TO TREAT IT: Keep the skin dry & rest in a cool place

Heat Cramps: Painful muscle spasms, often in legs or arms.



HEAT CRAMPS

HOW IT HAPPENS: Salt & moisture levels are depleted through excessive perspiration

HOW TO TREAT IT: Move to a cool, shaded area, apply something cool, drink plenty of fluids

Heat Exhaustion: Heavy sweating, weakness, dizziness, nausea, headache, cool/moist skin.



HEAT EXHAUSTION

HOW IT HAPPENS: Prolonged exposure to high temps & poor hydration

HOW TO TREAT IT: Move to a cool, shaded area, apply something cool, drink fluids & monitor

Heat Stroke: Life-threatening—confusion, slurred speech, seizures, loss of consciousness, hot/dry skin, body temp >104°F.



HEAT STROKE

HOW IT HAPPENS: When the body becomes unable to control its core body temp

HOW TO TREAT IT: Seek medical attention immediately



Signs, Symptoms & Response

Early Symptoms of Heat Illness:

- Thirst
- Fatigue
- Heavy sweating
- Headache
- Cramps
- Dizziness
- Rash
- Nausea or vomiting

Response:

- Move the employee to a cooling area
- Provide cool water to drink
- Remove excess layers of clothing
- Place ice packs in the armpits and groin
- Fan the employee

Do not leave the employee unattended as symptoms can change quickly.



Signs, Symptoms & Response

Life-Threatening Symptoms:

- High body temperature ($>104^{\circ}\text{F}$)
- Red, hot, and dry skin
- Confusion
- Convulsions
- Fainting
- Rapid pulse
- Loss of consciousness

Response:

- Call 911 immediately.
- Cool aggressively while waiting for help—do not delay.
- Do not leave the person alone.

If someone is displaying life-threatening symptoms of heat illness – Call 911



How to Prevent Heat Illnesses

Hydration: Drink water every 15-20 minutes (about 1 cup), even if not thirsty. Avoid caffeine/alcohol.

Rest Breaks: Schedule frequent breaks in shade or cooled areas, especially during peak heat.

Shade: Take breaks in a shady area, an air-conditioned vehicle, under a tent, etc. to recover from the heat.

Acclimatization: Gradually increase workload for new or returning worker.

Clothing: Wear light-colored, loose-fitting, breathable fabrics; use cooling vests if possible.

Work Scheduling: Shift strenuous tasks to cooler parts of the day.

Training: Educate workers and supervisors on heat risks and prevention.

Water – Rest – Shade



OSHA's Proposed Heat Illness Rule (Overview)

Announced July 2, 2024; published in the Federal Register August 30, 2024—first federal heat standard.

Applies to construction, general industry, maritime, and agriculture where OSHA has jurisdiction.

Goal: Reduce heat-related injuries, illnesses, and deaths (estimated to protect 36 million workers).

Comment period extended to January 14, 2025; public hearing set for June 16, 2025.



OSHA's Proposed Rule – Key Requirements

Heat Injury and Illness Prevention Plan (HIIPP): Employers must create a site-specific plan to identify and control heat hazards.

Heat Triggers:

- **Initial Trigger (80°F heat index):** Provide water, break areas.
- **High Heat Trigger (90°F heat index):** Mandatory breaks, monitor for symptoms.

Training: Annual training for workers and supervisors on heat risks, signs, and emergency procedures.

Acclimatization: Programs for new/returning workers to build heat tolerance.

Monitoring: Use heat index or wet bulb globe temperature (WBGT) to assess conditions.

Emergency Response: Procedures for heat-related incidents, including designated safety coordinators.



Questions on Heat Illnesses?





THANK YOU