

# Summer Occupational Hazards



*Though summer months remind us of merriment and outdoor activity, employees who work outdoors must be well informed about possible injuries related to outdoor exposure. The risk of construction, truck accidents, falls, heat related illnesses, lightning strikes, and insect-borne diseases reach their peak during the summer months.*



## DID YOU KNOW...

### Heat Related Illnesses

Each summer, an average of 240 Americans die from heat related illnesses. In 1980, a prolonged heat wave attributed to 1,700 deaths in one summer.

### Construction Site Accidents

One out of every 10 construction workers is accidentally injured every single year. In 2003, there were 5.7 million injuries on construction sites nationwide with 6000 deaths resulting from on the job injuries.

### Tractor Trailer Truck Injuries

Every 16 minutes a person is killed or injured in a truck accident. 98% of fatalities occur to the individuals in the passenger vehicles.

### Lightning Strikes

The national weather service recorded 3,239 deaths and 9,818 injuries from lightning strikes between 1959 and 1994. On the average, 73 people are killed every year and only 20% of victims are immediately struck dead.

### Highway Worker Accidents

In 1998 (the last year for complete national data) there were 772 deaths from work zone related crashes and more than 39,000 injuries. There were 38 fatalities in Illinois alone in 2004.

### Insect - Borne Diseases

Insects and arachnids inflicted 36,100 non-fatal occupational injuries and illnesses involving time away from work and are attributed to approx 100 deaths per year from allergic reactions.

#### CPT CODES - SPINE

72141 - MRI Cervical Spine

72146 - MRI Thoracic Spine

#### CPT CODES - UPPER EXTREMITY

73221 - MRI Upper Extremity - Joint

73218 - MRI Upper Extremity - Non-Joint

#### CPT CODES - HEAD & BRAIN

70450 - CT Head/Brain

70551 - MRI of the Brain Stem

70336 - MRI, Bilateral TMJ

#### CPT CODES - EMG / NCV

95860 - One Extremity EMG

95861 - Two Extremity EMG

To Schedule an MRI, CT, EMG, Bone Scan, Arthrogram or P.E.T. Scan

Call: **800-331-6062**

Fax: **708-535-8028**

Online: **www.diatri.net**

# SUMMER HAZARDS FOR OUTDOOR WORKERS

Problem:	Lower Back Pain	Neck Pain/Whiplash	Shoulder Pain	Insect - Borne Diseases	Heat Related Illnesses	Lightning Strikes
<b>Occupations Affected:</b>	Construction, Trucking, Public Works, Street & Sidewalk Repairs, Refuse Carriers, Park Employees, Dock Loaders & Athletes.	Construction, Trucking, Highway Workers, Limo/Taxi Drivers, Refuse Carriers, and Dock Loaders.	Construction, Trucking, Groundskeepers, Farmers, Public Works, Street & Sidewalk Repairers and Refuse Carriers.	Groundskeepers & field laborers, Farmers, Public Works, Refuse Carriers and Park Employees.	Construction, Groundskeepers, Postal, Farmers, Public Works, Street & Sidewalk Repairers, Refuse Carriers, Parks Employees, Athletes & Life Guards.	Construction, Groundskeepers, Farmers, Public Works, Street & Sidewalk Repairers, Park Employees, Athletes & Life Guards.
<b>Workers Risk Factors:</b>	<ul style="list-style-type: none"> <li>• Lifting 13 - 17 Lbs. or greater 10 times per day.</li> <li>• Pushing and pulling objects combined with tasks requiring lifting.</li> </ul>	<ul style="list-style-type: none"> <li>• Do to vehicle accidents, falling objects, crane accidents.</li> <li>• Vibration from power tools for long periods of time.</li> </ul>	<ul style="list-style-type: none"> <li>• Lifting 13 - 17 Lbs. or greater 10 times per day with back in an awkward position.</li> <li>• Repetitive arm movements.</li> </ul>	<ul style="list-style-type: none"> <li>• Constant lawn and garden work.</li> <li>• Outdoor sports and activities.</li> <li>• Outdoor work near plants, lawns or standing water.</li> </ul>	<ul style="list-style-type: none"> <li>• Working in high temperatures, humidity, sunlight with physical labor.</li> <li>• Long periods of outdoor exposure in the summer heat with little liquids.</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor exposure to high winds, dark clouds and thunderstorms.</li> <li>• Work at sports stadiums and open fields, communication towers or near metal fencing.</li> </ul>
<b>When to See a Doctor:</b>	Back pain spreading to one or more extremities. A weak foot, arm or difficulty walking. Back pain which stops you from walking. <b>MRI, CT or EMG's used to detect problems.</b>	Shooting pain. Severe and chronic pain in the neck, associated with chest pains. Loss of strength. Pain at night. <b>MRI, CT or EMG's are used to detect problems.</b>	Severe or dull constant pain in the shoulder area. Restricted movement in the shoulder or arm area. Pain radiating up the arm. <b>MRI, CT or EMG's used to detect problems.</b>	Headache, flu-like symptoms, rash (greater than 2" in dia.) swelling and pain in the joints. <b>West Nile Virus:</b> Neck stiffness, convulsions, coma, tremors, muscle weakness. <b>Blood tests used to detect problems.</b>	<b>Heat Exhaustion:</b> Heavy sweating, clammy skin, weakness, dizziness, fainting, temp over 100° <b>Heat Stroke:</b> Temp over 105°, rapid heart rate, dizziness, blurred vision, seizures, no sweating & severe headaches. <b>Call 911 for immediate emergency assistance.</b>	Deep burns at point of entry and exit, usually the head, injuries from being thrown down and cardiac arrest are usually the causes of injury and death. <b>EMG's are used to check for nerve damage. X-rays and MRI's for bone damage.</b>



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