

The heat is on! Contractors say they're ready.

Commercial construction firms aren't waiting on OSHA's much-anticipated heat standard to protect their workers. Summer may not officially start until June 20, but the heat is here.

More specifically, areas in the Western U.S. saw temperatures hit triple digits for the first time this year, as a [large heat dome descended over the area](#), creating sweltering conditions and increasing the risk of wildfires. About [27 million people face scorching temperatures](#) across California, Nevada, Utah and Arizona, according to Axios.

But construction industry leaders say they are prepared for the extreme temperatures like those states feel this week and that this summer will bring. They have plans to beat the heat, educate teams and keep workers cool.

Plans, posters and shifting schedules

Safety measures begin with understanding the problem, experts say. Extreme heat can lead to a range of accidents and injuries beyond heat illness.

"Data indicates workplace injuries surge during the summer season," said Paul Haining, chief environmental safety and health officer for Skanska USA. "We assess these heightened risks through our construction work plans and daily hazard analysis, prioritizing the mitigation or elimination of the hazard."

STEPS TO PREVENT HEAT ILLNESS ON THE JOBSITE

- Create a heat illness prevention plan.
- Protect new workers from heat.
- Get guidance on controls, work practices and PPE.
- Provide water, rest and shade at regular intervals.
- Provide heat safety training for workers.
- Know the symptoms and first aid treatment for heat illness.

Source: OSHA

Those tactics include education around heat illness prevention, timed work rotations, cooling stations and hydration zones and even an analysis of vacation scheduling to ensure tasks are properly covered, Haining said.

"Every contract, every job that we have, climate is taken into account when we're building that job out," Steve Spaulding, vice president and chief environmental health and safety officer for Turner, the country's [largest contractor by revenue](#).

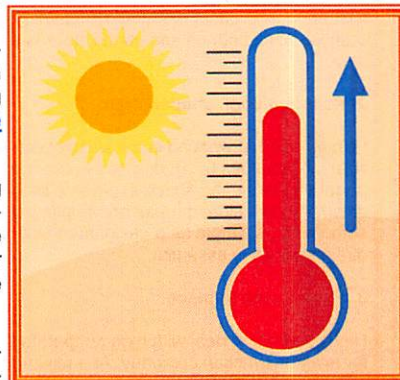
Turner's approach includes knowing which of its jobsites face high temperatures on any given day and adding fans, misters and tents to provide water breaks. On one project in San Diego, Turner took a creative approach to helping workers assess their hydration level on bathroom breaks.

"It sounds funny to talk about, but it had a urine color chart. So it was posted where you were looking," Spaulding said, so workers could compare and see if they needed to hydrate.

Even with those protections in place, workers can still suffer in the heat, experts say, which is part of why education is so important. Federal guidance recommends easing workers into the heat, as most [heat illness injuries take place](#) in the first week of work, according to OSHA.

"The vast majority of us never really acclimate," said Greg Sizemore, vice president of workforce development for Associated Builders and Contractors. "What contractors are doing across the civil trades is they're modifying their schedule to work in the cool of the evening or early in the morning before it gets too doggone hot out there."

Frank Trujillo, vice president of safety for Bethesda, Maryland-based Miller & Long Concrete Construction, also believes shifting work hours is a good solution.



The City of Austin encourages residents to practice heat safety tips this summer

Days over 100 degrees are expected as summer begins in Central Texas, and the City of Austin is encouraging residents to prepare by **practicing heat safety tips**. To prevent heat-related illnesses and stay safe during the summer, Austin's Department of Homeland Security and Emergency Management suggests the following:

Look before you lock - Ensure children and pets are not left in hot, unattended vehicles.

Stay hydrated - Drink more water than usual and avoid sugary, caffeinated beverages.

Dress for the weather - Wear lightweight, light-colored, loose-fitting clothing.

Protect your skin - Apply sunscreen with at least SPF 15.

Stay out of the sun when possible - Find shade and wear a wide-brimmed hat when outdoors.

Work and play safely - Avoid high-energy activities during extreme heat, especially in the afternoon.

Protect your pets - Provide your pets with plenty of water and shade.

Check in on elderly family members, friends and neighbors - Make sure they have access to air conditioners and/or fans and clean water for hydration.

Identifying signs of heat exhaustion and heat stroke can save lives. Some symptoms include dizziness, heavy sweating and loss of consciousness or weakness. If you or someone you know is experiencing heat stroke, **move them, cool them, and call 911**.

Austin Library and Parks & Recreation facilities and Travis County Community Centers serve as Cooling Centers during normal operating hours, for anyone looking to escape the heat. **Click here to see those locations**. Use CapMetro's **trip planner** to find the best route and ride in an air-conditioned bus to a facility near you.

Find more information on resources available in a heat emergency at ReadyCentralTexas.org or AustinTexas.gov/Alerts.

Source: Austin Mobility News
Austin Transportation and Public Works Department



The Heat is On: 5 Ways for Construction Workers to Keep Cool in Hot Weather

With dangerously high temperatures still scorching much of the U.S., it's critical that construction workers put safety first by protecting themselves from excessive heat. According to the [United States Department of Labor](http://www.dhs.gov), every year thousands of construction workers become ill from working in the heat, and in some cases, these instances become fatal. In fact, construction workers comprise about one-third of heat-related worker deaths. These staggering facts are a poignant reminder that heat stress is a very real concern that calls for our attention.

The good news is that heat illnesses and deaths are preventable and appropriate measures can be taken to mitigate risk.

The following reminders will help you keep your cool when temperatures and humidity rise:

1. Hydration is key

Drink water every 15-20 minutes, even if you're not thirsty. It's also important to avoid caffeine and alcohol, as they could increase the potential for heat stress. If prolonged sweating lasts several hours, sports beverages containing balanced electrolytes are a good option.

And remember, proper hydration begins at home. While drinking fluids on the job certainly helps, it likely isn't enough to offset the heat. Maintaining good hydration habits both on and off the clock is a good plan.

2. Rest in a cool, shaded area

Remember that working in full sunlight can increase heat index values by 15 degrees Fahrenheit. It's important to rest in the shade in order to properly cool down. Air conditioned areas are ample, but even something as simple as a designated tent outside of direct sunlight is essential.

3. Have a plan in place

Having a plan to deal with high temperatures is crucial for any construction company. At a minimum, supervisors should know what temperatures will require more frequent breaks, or when a jobsite should be shut down entirely. No job is more important than the

health and safety of the people building it. Emergency plans should also be clearly communicated to all workers so that in the event of heat illness, the appropriate measures can be taken.

4. Know the signs

Heat illness exhibits several symptoms that should never be ignored. The Occupational Safety and Health Administration (OSHA) offers the diagrams below to help monitor signs of illness. These signs should never be ignored. If you notice someone exhibiting any of these symptoms, immediate action should be taken to cool the person down and emergency personnel should be contacted if needed.

5. Alter schedules

Try to schedule heavy work and hot jobs for cooler parts of the day. Consider scheduling maintenance work during cooler months if possible. It's also important to support employee acclimation to hot temperatures by starting small and progressively increasing work times each day until they get used to the weather.

In addition to these tips, construction workers should keep a close eye on work and weather conditions throughout the day. OSHA developed a [Heat Safety Tool](#) that's compatible with Android and iPhones which offers vital safety information anytime, anywhere. By calculating the worksite heat index, a risk level to outdoor workers is displayed. Following risk assessment, reminders about protective measures that should be taken at that risk level are available to users.

We had cellphones, then feature phones, then smartphones. Now, 'IntelliPhones' are coming.

Source: insider@insider.com (Alistair Barr, Writer)

- Bank of America analysts predict AI will create a new class of devices called 'IntelliPhones.'

- AI enhancements could make phones more context-aware and proactive.

There's a new battle brewing over who will create the most useful AI-powered phone.

The first **cellphone** came out in the early 1980s. It was connected to a cellular radio system and didn't require a physical connection to a network.

Then, we had **feature phones**. These connected to the internet and could store and play music.

Apple ushered in the smartphone era, with location data, fancy cameras, and the all-important App Store.

Is **AI** about to launch a new chapter? Analysts at Bank of America Securities think so. And they've come up with a new name for this future device.

The "IntelliPhone."

Yes, it's an awful name. Too many syllables. No one is ever going to say, "Ugh, I can't find my IntelliPhone."

However, artificial intelligence models, chatbots, and other AI-powered applications could get so useful that our current smartphones might look kinda dumb in the future.

Maybe no one will have to ask where their IntelliPhone is, because it will somehow find itself.

"Context awareness will be the key differentiator," Wamsi Mohan, an analyst at Bank of America Securities, wrote in a research note on Wednesday that listed a number of future capabilities that may take these gadgets way beyond current handsets.

Hype warning

A word of caution here. The AI hype cycle is in overdrive right now, and Mohan and his colleagues were writing a research note about **Apple** ahead of its **WWDC** conference next month.

The company is expected to unveil a slew of new AI features for iPhones at this event. It's common for Wall Street analysts to issue positive research and "buy" recommendations in instances like this.

The mother of all upgrade cycles

Still, Mohan makes some compelling arguments. If AI tools on phones can really set them apart from current devices, consumers have a new reason to buy a fresh handset.

"We see the introduction of AI smartphones (IntelliPhones) as a once in a decade upgrade event," Mohan wrote.

At Google's I/O conference earlier this month, the internet giant showed off several new AI capabilities for Pixel, Samsung, and other Android phones.

"It's a once-in-a-generation moment to reinvent what phones can do," Android chief **Sameer Samat** told Business Insider. "We are going to seize that moment."

Consumers will only embrace these new devices if they're actually useful in everyday situations. Google has already shown off some of these new **killer applications for AI**. Apple will have to show off more of these powerful use cases at WWDC if it's going to keep up.

Mohan at BofA describes a wide range of new capabilities that could set IntelliPhones apart from smartphones and fire up the mother of all upgrade cycles.

"We view the upcoming AI enabled phones (IntelliPhones) to drive a multi-year upgrade cycle similar to the step function improvement driven by the introduction of smartphones," he wrote, calling this a "once in a decade type of event."

IntelliPhone capabilities

Here are some of the potential capabilities of IntelliPhones, according to BofA:

Context aware assistance: AI-enabled phones will offer more advanced personal assistants that understand context better and provide more relevant and timely responses.

Proactive suggestions: These assistants could proactively suggest actions based on user patterns.

Object and scene recognition: These phones can identify objects, people, and scenes in photos and suggest actions like sharing, searching for more information, or buying related products.

Real-time translation: AI-capable phones offer real-time language translation making communication easier while traveling or interacting with people who speak different languages.

Predictive health alerts: AI could predict potential health issues by analyzing patterns in collected data and alert users to seek medical advice if needed.

AI driven content creation: Users may be able to create more immersive and engaging AR/VR content with the help of AI tools on phones that simplify the creation process and enhance the final output.

Music Haptics: AI could refine vibrations from music to improve the experience for phone users who are deaf or hard of hearing.

Vocal Shortcuts: AI could recognize speech patterns and improve speech recognition for users with conditions that affect speech such as cerebral palsy, or those who have suffered a stroke. Users could also assign custom utterances that Siri can understand to launch shortcuts and complete complex tasks.