

Heat stress occurs when the body is unable to regulate itself by sweating and one's core body temperature rises to critical levels. It is a medical emergency that can lead to heat cramps, heat exhaustion, heat stroke and in severe cases, death.

Summer Safety:

HEAT STRESS

know the symptoms of heat stress

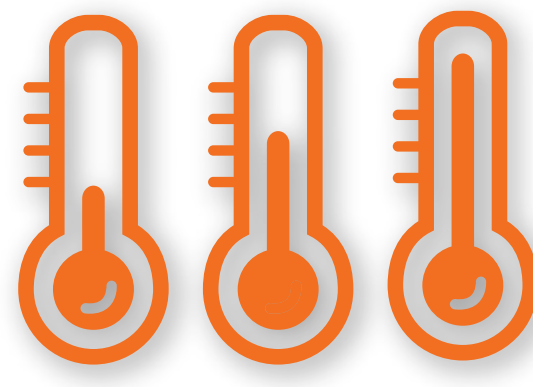


- Cramps
- Chest pain
- Dizziness
- Headache
- Heavy perspiration or moist, clammy skin
- Labored breathing
- Muscle cramps
- Nausea
- Rapid heartbeat
- Weakness/lightheaded

know the symptoms of heat stroke



- Throbbing headache
- Dizziness and light headedness
- Lack of sweating despite the heat
- Red, hot and dry skin
- Nausea and vomiting

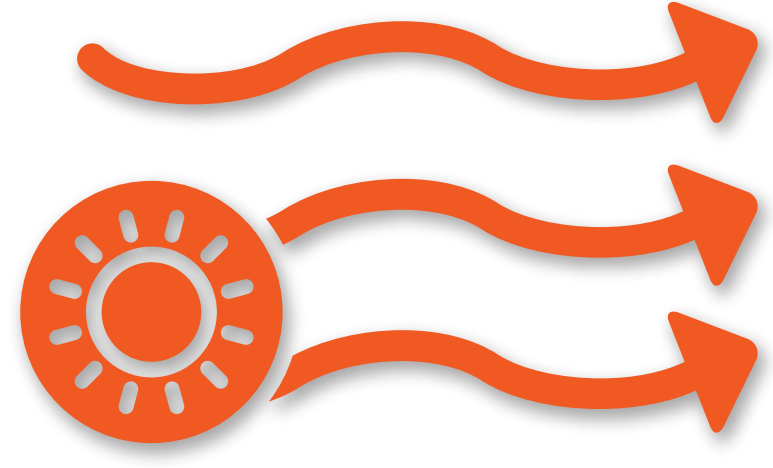


- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation or staggering
- Unconsciousness

steps to take if you suspect heat stress on the job



1. Move the person to a cool, ventilated area.
2. Lay the individual down with legs elevated.
3. Check the pace of breath.
4. Try to lower body temperature by using a fan or applying cold compresses.
5. Have the person drink water.
6. Monitor vital signs.
7. Report the incident to a supervisor.
8. If necessary, call emergency personnel.



quick tips to keep cool this summer



1. Drink water consistently throughout the day, both at work and at home.
2. When possible, work during off-peak hours when the sun is less intense, or stay out of the sun altogether.
3. Take breaks. Cool down frequently by sitting in a shaded or air conditioned area.
4. Wear loose, breathable cotton clothing, sunglasses, a hat and sunscreen.
5. Be prepared. Stay up-to-date on trainings and maintain a healthy physical condition. An active lifestyle will help build tolerance to the heat.