



SAFETY TIPS

Heat Illness Prevention

Working in hot conditions can be extremely dangerous and even deadly. It is important to understand how to avoid heat related illness, recognize symptoms of heat related illness, and what to do if you or a coworker is experiencing symptoms of heat-related illness.

How to Prevent Heat-Related Illness:

- Drink water every 15 minutes, even if you are not thirsty. Drink small amounts of water frequently. Avoid drinks with caffeine or alcohol.
- Eat smaller, lighter meals before work activity.
- Never work alone, always work with at least one other coworker.
- Schedule the hardest work during the coolest part of the day or on the shaded areas of the workplace.
- Take frequent breaks, preferably in the shade.
- Use sunscreen with SPF of at least 30. Follow application directions on bottle or tube.
- Wear light-colored, loose fitting, breathable clothing.

Heat exhaustion is caused by loss of large amounts of fluid by sweating. An employee suffering from heat exhaustion still sweats but may experience these *Signs of Heat Exhaustion*:

- Feeling sick to the stomach or vomiting.
- Headache, dizziness, and weakness. Mood changes such as being confused or irritable.
- Pale clammy skin.

Treatment for *Heat Exhaustion*:

- Loosen and remove heavy clothing. Provide cool drinking water. Cool the person by fanning them. Cool the skin with wet cloth. Call for emergency help if the victim does not feel better in a few minutes. Stay with the victim.
- Move person to cool shaded area. Lay the person on their back and raise legs 6-8 inches if they feel dizzy. If nausea occurs roll victim on their side.

Heat Stroke is the most serious heat-related illness and occurs when the body's temperature regulating system begins to fail. *Signs of Heat Stroke include*:

- Collapse, unconsciousness, seizure or fits.
- Confusion, unable to think clearly
- Dry, pale skin with little to no sweating.
- Hot, red skin

Treatment for *Heat Stroke* should include the same as above for Heat Exhaustion, plus:

- Call emergency for help immediately.
- Place ice packs under arm pits and in groin if available.
- Provide cool water if able to drink, remove any objects close by if victim has seizure.