

SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

Take Precautions to Prevent Heat Illness

Working outside, you know that the weather can have an impact on your day. Hot weather, especially when combined with strenuous physical labor, can cause your body temperature to rise to unsafe levels. Normally, your body cools itself through sweating, but in hot and humid weather, sweating is not enough and the result can be a dangerous heat illness.

Staying Cool

Follow the suggestions below to stay cool when working in hot weather:

- Wear loose, light-colored clothing when possible, along with a hard hat.
- Take short breaks to rest in the shade. If wearing outer protective gear, remove during your break.
- Gradually build up to heavier work.
- Avoid overexerting yourself during peak temperature periods (midday).
- Drink liquids frequently, even if you don't feel thirsty - at least eight ounces every 20 to 30 minutes. Choose water, fruit juice or sports drinks and stay away from liquids containing caffeine, which can dehydrate you.

Recognizing the Symptoms

There are three forms of heat illness, each with the following distinct symptoms:

- Heat Cramps – severe muscle spasms in the back, stomach, arms and legs, which are attributed to the loss of body salt and water during periods of heavy perspiration.
- Heat Exhaustion – heavy sweating, cool or pale skin, nausea, headache, weakness, vomiting and fast pulse.
- Heat Stroke – high body temperature, sweating stops, red and often dry skin, rapid breathing and pulse, headache, nausea, vomiting, diarrhea, seizures, confusion or unconsciousness.

If a worker experiences:

 Headache or nausea	 Weakness or dizziness	 Heavy sweating
 Hot and dry skin High body temperature	 Thirst	 Decreased urine output

Take these actions:

• Drink water	• Cool with water and ice
• Remove unnecessary clothing	• Do not leave alone
• Move to a cooler area and use a fan, if available	• When in doubt, call 911

