

WHAT IS HEAT STRESS AND HOW DO I AVOID IT?

Exposure to heat can cause illness and even lead to death. From heat stroke to heat exhaustion, heat cramps, and heat rash, heat illness is no joke and should be taken seriously when on the job.

According to the Occupational Safety and Health Administration, there are precautions that should be taken any time temperatures are high and the job involves physical work.

These factors could increase your risk of heat illness:

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces

Watch out for these symptoms of Heat Exhaustion:

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Watch out for these symptoms of Heat Stroke:

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

Here are the best way to protect yourself and others:

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system
- Block out direct sun and other heat sources
- Drink plenty of fluids - drink often and BEFORE you are thirsty, and drink water every 15 minutes
- Avoid beverages containing alcohol or caffeine
- Wear lightweight, light colored, loose-fitting clothes

What should you do if a heat stress strikes?

- Call a supervisor for help. If one is not available, call 911 immediately
- Have someone stay with the worker until help arrives
- Move the worker to a cooler/shaded area
- Remove outer clothing
- Fan and mist the worker with water or apply ice via ice bags or ice towels
- Provide cool drinking water, if able to drink

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. **CALL 911 IMMEDIATELY** and apply ice as soon as possible.

For more information on the best safety training procedures, contact Evolved safety at **844.528.4486** or **info@evolvedsafety.com**.

Take Look at Your Training

If heat stress is a hazard at your workplace, it's a good idea to consult with a safety and health professional to ensure you have the proper training procedures in place. For more information on how to help with the issue of heat stress in your workplace, call or email us to discuss training options at **844.528.4486** or **info@evolvedsafety.com**.