

July – Heat Illness Prevention

Hot summer months pose special hazards for people working in hotter temperatures. Workers are prone to heat stress in various high temperature settings. Heat-related illness may initially manifest itself as a rash or cramps but can quickly escalate to heat exhaustion and heat stroke if simple preventative measures are not followed.

What is Heat Stress?

- Heat stress occurs when the body is unable to cool itself by sweating.
- Heat stress can lead to heat-related illnesses such as heat exhaustion and heat stroke.

Symptoms of Heat Exhaustion:

- Headache, dizziness, lightheadedness, fainting.
- Weakness and moist skin.
- Mood changes, irritability, confusion.
- Nausea, vomiting.

Symptoms of Heat Stroke:

- Dry, hot skin with no sweating.
- Mental confusion or loss of consciousness.
- Seizures or convulsions.
- Note: Heat stroke can be fatal, act quickly!

Preventing Heat-Related Stress and Illness:

- Know the symptoms of heat-related illnesses.
- Block out sun or other heat sources.
- Use fans or air conditioning units.
- In high heat, drink 1 cup of water every 15 minutes.
- Wear lightweight, light-colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.
- Wear sunscreen of SPF 15 or higher and reapply every 2 hours.

Treating Heat-Related Stress and Illness:

- If a worker exhibits signs of heat stress or a heat illness, seek medical attention immediately. It might be as simple as stopping, getting some water, and cooling down.

While Waiting for Emergency Response Teams:

- Move worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.

Quiz:

- What is a symptom of Heat Exhaustion? _____
- Heat stroke can be fatal. T F
- What is a step to take while waiting for EMS? _____

Name: _____

Date: _____

