

Heat Stress Is Not Cool!

Heat Stress Safety Talk

Health Alert

August is here and so is the warmer weather! To make matters worse, not all of us work in an ideal climate controlled environment. Nevertheless, there are steps we can take to prevent heat stress.

There are four environmental factors that can affect the amount of heat stress a worker faces in a hot work environment which are:

- Temperature
- Humidity
- Radiant Heat
- Air Velocity

Even more important are the personal characteristics that can affect the amount of heat stress such as:

- Age
- Weight
- Fitness
- Medical Conditions
- Acclimatization to Heat

Heat Physiology 101

When hard work is performed in a hot work environment, blood is sent to the skin to cool the body by giving off excess heat. In addition, evaporation of sweat helps to maintain a stable internal body temperature.



When the body is unable to cool itself by sweating or if fluids and electrolytes are not adequately replaced, several heat-induced illnesses can occur. These include heat stroke, heat exhaustion.

KNOW THE SIGNS!

Heat Exhaustion

Headaches
Dizziness
Lightheadedness
Weakness
Moist or Clammy Skin
Irritability
Upset Stomach
Vomiting

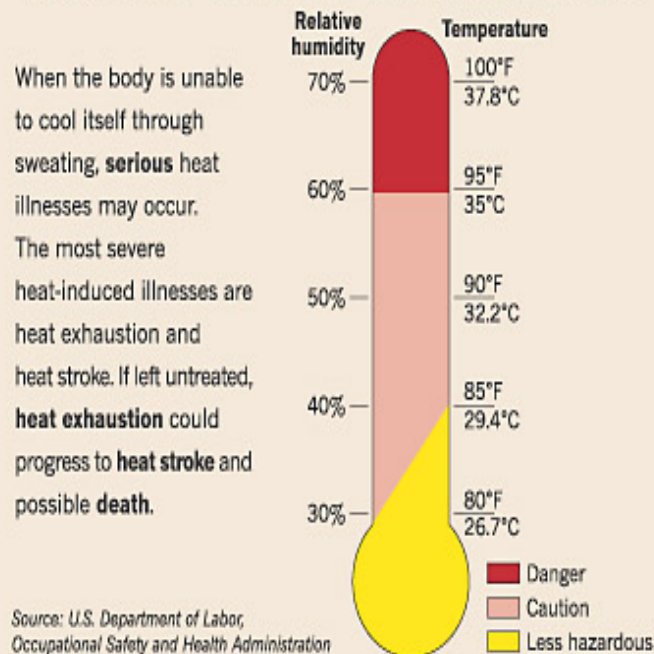
Heat Stroke

Hot Dry Skin
Mental Confusion
Loss of Consciousness
Seizures
Convulsions

Employees experiencing heat-induced illness should seek medical attention immediately.

The Heat Equation

High Temperature + High Humidity + Physical Work = Heat Illness



PREVENTING HEAT STRESS

Monitor yourself and your coworkers for signs of heat stress.

Block out sources of heat as well as the sun whenever possible.

Use cooling fans or air-conditioning and rest regularly.

Drink lots of water and sports drinks to replenish fluids and electrolytes.

Wear lightweight, light colored, loose-fitting clothes.

Avoid alcohol, caffeinated drinks and eating heavy meals.