

Weekly Safety Tip

WATER. REST. SHADE.

Heat is the number one weather-related killer in the United States, resulting in hundreds of fatalities each year. You should be able to recognize the symptoms of heat related emergencies and know how to respond. Working in hot and humid weather, being in the sun, and doing hard physical work are things that need to be taken seriously. You are also at risk while doing yard work, playing sports, and other leisure activities.

Heat Exhaustion: Heavy sweating, weakness, wet skin, headache, dizziness / fainting, irritability / confusion, thirst, and nausea / vomiting are early signs. First aid includes getting the victim out of the sun, having them lie down, loosening clothing, applying cool, wet cloths, and administering sips of water.

Heat Stroke: High body temperature, hot, dry skin, rapid pulse, and possible unconsciousness can come on quickly. If you see a victim with these warning signs, they need immediate medical attention. Until medical help arrives, move the victim to a cooler environment and reduce body temperature with a cold bath or sponging.

Prevention: Water. Rest. Shade. Slow down, reschedule, or reduce strenuous activities until it is cooler. Wear lightweight and light colored clothing and don't forget to wear a hat. Don't exceed your physical capabilities and give yourself time to become acclimated to the activity and high temperatures. Drink plenty of water and non-alcoholic beverages that your body needs to keep cool. Keep a sharp lookout for coworkers, family, children, and the elderly. Don't forget the pets.

Hot Links to Cool Information

- ✦ OSHA - Water. Rest. Shade
<https://www.osha.gov/SLTC/heatillness/index.html>
- ✦ National Weather Service - Beat the Heat Weather Ready Nation Campaign -
<http://www.nws.noaa.gov/os/heat/index.shtml>
- ✦ OSHA Heat Smartphone App
https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html

Illness	Symptoms	First Aid*
Heat Stroke	<ul style="list-style-type: none"> • Confusion • Fainting • Seizures • Excessive sweating or red, hot, dry skin • Very high body temperature 	<ul style="list-style-type: none"> • Call 911 <p>While waiting for help:</p> <ul style="list-style-type: none"> • Place worker in shady, cool area • Loosen clothing and remove outer clothing • Fan air on worker; cold packs in armpits • Wet worker with cool water; apply ice packs, cool compresses, or ice if available • Provide fluids (preferably water) as soon as possible • Stay with worker until help arrives
Heat Exhaustion	<ul style="list-style-type: none"> • Cool, moist skin • Heavy sweating • Headache • Nausea or vomiting • Dizziness • Light headedness • Weakness • Thirst • Irritability • Fast heart beat 	<ul style="list-style-type: none"> • Have worker sit or lie down in a cool, shady area • Give worker plenty of water or other cool beverages to drink • Cool worker with cold compresses / ice packs • Take to clinic or emergency room for medical evaluation • Do not return to work for that day
Heat Cramps	<ul style="list-style-type: none"> • Muscle spasms • Pain • Usually in abdomen, arms, or legs 	<ul style="list-style-type: none"> • Have worker rest in shady, cool area • Worker should drink water or other cool beverages • Wait a few hours before allowing worker to return to work • Have worker seek medical attention if cramps don't go away
Heat Rash	<ul style="list-style-type: none"> • Clusters of red bumps on skin • Often appears on neck, upper chest, or folds of skin 	<ul style="list-style-type: none"> • Try to work in cooler, less humid environment when possible • Keep the affected area dry

* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.