

# KEEP YOUR COOL IN HOT WEATHER



## Basics

of Heat Stress



## Illness

caused by Heat Stress



## Prevention

to avoid Heat Stress



## Questions

about Heat Stress



# Heat Stress Basics

Occurs when the body has to work too hard to cool off.

ANYONE can be affected.



Excessive  
Heat

Safety  
Factors

## NOT ONLY HARD PHYSICAL LABOR IN HOT ENVIRONMENTS

- May occur at any temperature
  - Heart disease
  - Diabetes
  - Overweight
  - Poor physical condition

Human body copes with excessive heat by sweat evaporating in the air to cool the body.

# SAFETY FACTORS

- Heat Stress may make you sick, if left untreated it can be fatal
- Heat Stress can make you short tempered, inattentive, dizzy and slow
- Sweat can make your hands slippery
- Sweat can run into your eyes and eyewear and obscure vision

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# Heat Illness

3 Stages,  
Symptoms,  
and Remedies



1  
Heat  
Cramps

2  
Heat  
Exhaustion

3  
Heat  
Stroke

# 1. Heat Cramps

## Occurs when:

- Body has lost too much salt through sweating

## Symptoms:

- Cramps typically in legs, arms, and abdomen, may occur while at rest
- Skin is hot and moist
- Pulse is normal

## Remedy:

- Move into the shade and loosen clothing
- Drink fluids and sit or lie down
- Seek medical help if cramps persist

## 2. Heat Exhaustion

### Occurs:

- As a warning the body's heat control mechanism is overtaxed
- Core body temperature increases
- May lead to heat stroke

### Symptoms:

- Weakness, dizziness
- Nausea
- Rapid pulse
- Cool, moist skin

### Remedy:

- Move to cooler, shaded area
- Lie down and slightly elevate feet
- Cool quickly by fanning, applying cool cloths, or pouring cool water
- Drink water, slightly salted



### 3. Heat Stroke

#### Occurs:

- Body's heat loss mechanism shuts down
- Most serious, can quickly lead to death
- Sweating stops and the body, including the brain, begins to overheat rapidly

#### Symptoms:

- Hot, dry, flushed skin
- Rapid pulse
- Headaches and confusion
- Weakness and nausea
- Can rapidly progress to seizure and convulsions, unconsciousness, loss of pulse

#### Remedy:

- Get medical attention immediately
- Cool down as quickly as possible, use water hose or ice packs or place in cool water
- Apply CPR if necessary

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# Prevention

Take It Easy!



Drink  
Water

Take a  
Break

Keep It  
Cool

Use  
Controls

Wear  
Cool  
Clothes

# Prevention

Take It Easy!

Get accustomed to the heat gradually.



Drink Water

Take a Break

Keep It Cool

Use Controls

Wear Cool Clothes

# Prevention

Take It Easy!

Get accustomed to the heat gradually.

Work at a steady pace,  
avoid overexertion



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# Prevention

## Take It Easy!

Get accustomed to the heat gradually.

Work at a steady pace,  
avoid overexertion



It may take several weeks to  
get accustomed to the heat.



Drink  
Water

Take a  
Break

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Use  
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Wear  
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work at a steady pace,  
avoid overexertion



It may take several weeks to  
get accustomed to the heat.

## Drink Water Often

The body loses water through perspiration, replace it frequently.

Don't wait until you are thirsty to drink.

Avoid alcohol and caffeine beverages which deplete bodily fluids.



## Take Frequent Breaks

Move to a cooler area  
or change to lighter  
work every so often  
when working in a hot  
environment.

## Keep Meals Light and Cool

If approved by your physician, salt your food slightly.

A hot meal will add heat which the body needs to rid. Save the hot meal for after your shift.



## Use Engineering Controls

- Ventilation
- Shade
- Shielding
- Water Misters

## PPE Can Control Heat Stress

- Ice Cooling Garments
- Wetted Clothing
- Cooling Headbands

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# Questions?

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