

NOT ONLY HARD PHYSICAL LABOR IN HOT ENVIRONMENTS

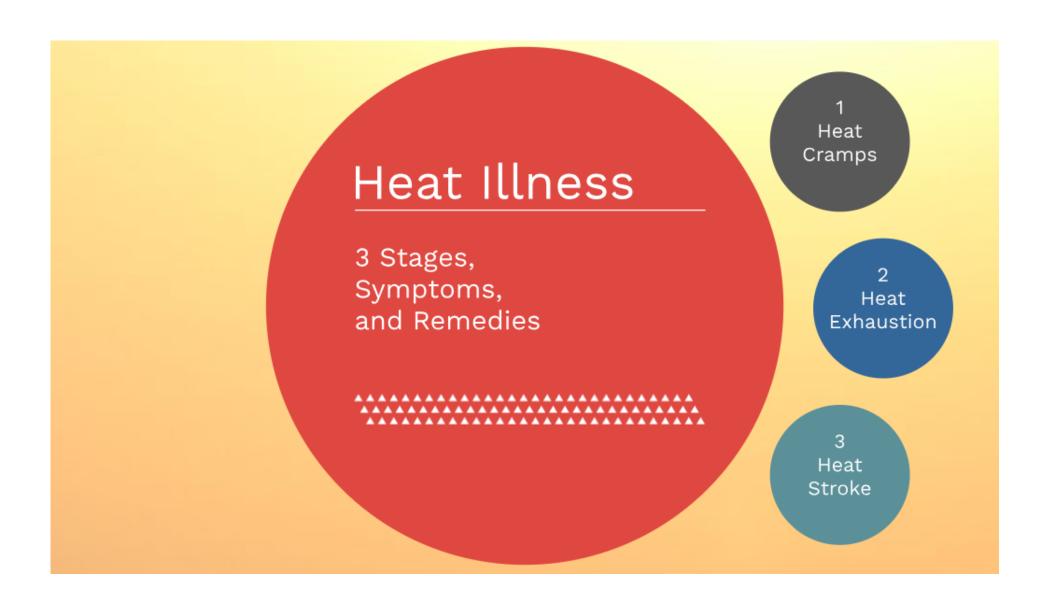
- May occur at any temperature
 - · Heart disease
 - Diabetes
 - Overweight
 - · Poor physical condition

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





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

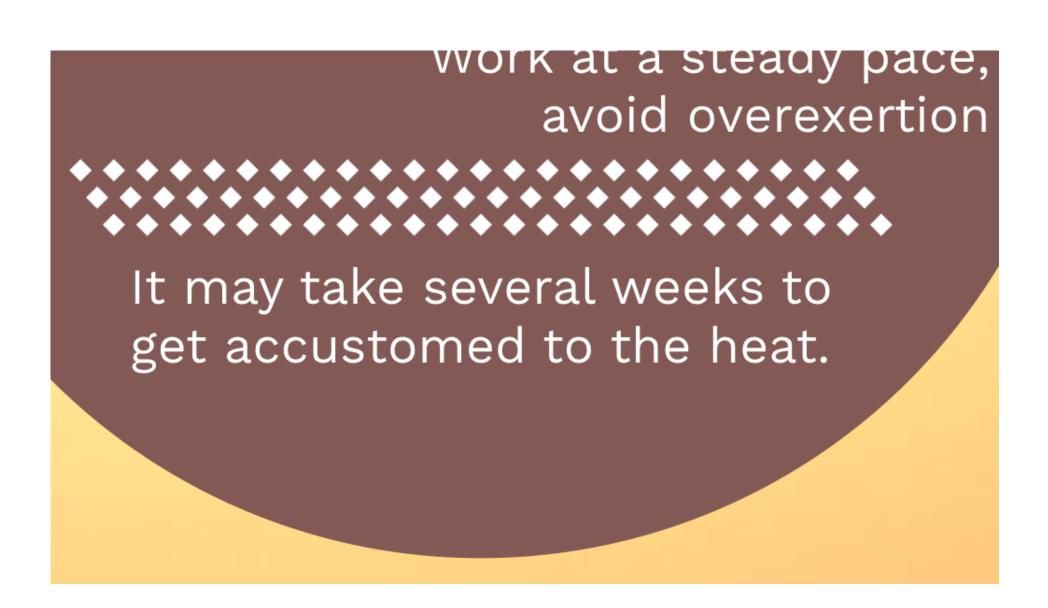










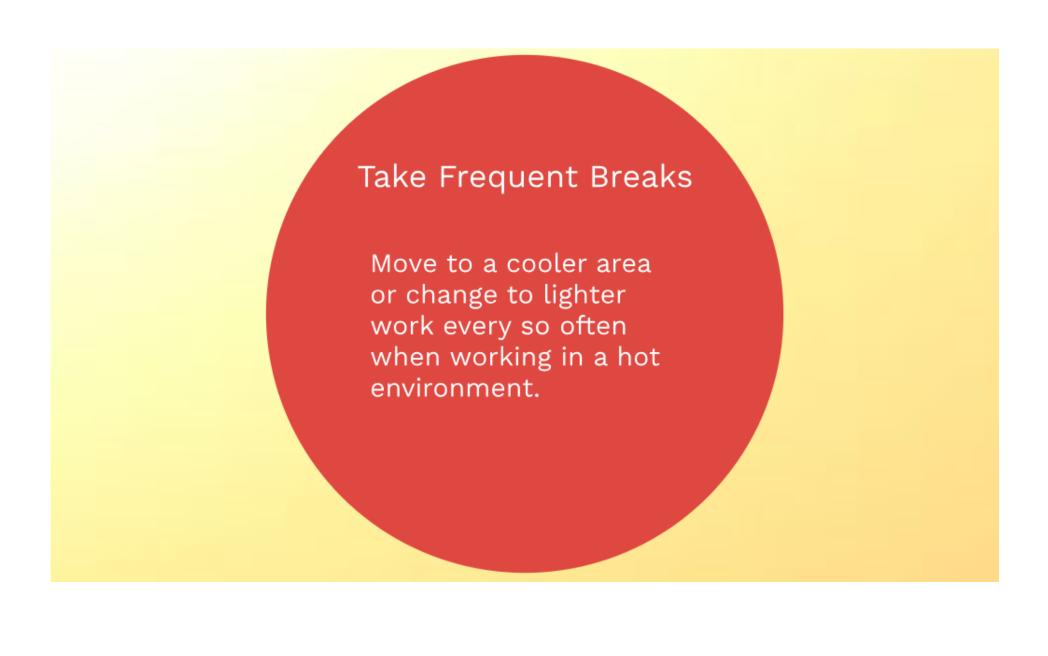


Drink Water Often

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.



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.

