

What can you do to prevent the Heat Stroke and related sickness?

- Drink **a glass of water or fruit juice every half hour**, even if you are not thirsty. Sodas are not recommended, in the other hand: sports beverages like Gatorade are great to recover electrolytes and replace liquids on your body
- Avoid eating hot, heavy meals
- Avoid drink alcoholic beverages
- Salt and potassium are lost through sweating. If you sweat a lot while you work, add a little extra salt to your food and eat foods high in potassium such as oranges, bananas and potatoes. Salt tablets are not recommended.
- Slow your work pace at the hottest times of the day (10:00 a.m. - 4:00 p.m.)
- Wear light colored, loose clothing if your job permits
- Wear long sleeved shirts, long pants and brimmed hats to protect your skin from the sun. Use sunscreens with a sun protective factor (SPF) of greater than 15 and reapply often (at least every two hours while in the sun). Do not use lotions that combine sunscreen with a mosquito repellent.
- Wear sunglasses that blocks Ultraviolet (UV) rays
- Know the signs of heat related problems and what to do.

If you work in a hot environment and are concerned that it may affect your health, talk to your supervisor and/or your health and safety representative.

SAFETY ABC

A danger foreseen is half avoided.

(Un peligro identificado es mitad evitado)

Better to have two on the job than one in the hospital.

(Mejor tener dos en el trabajo que uno en el hospital)

Check yourself before you wreck yourself.

(Revísese usted antes de romperse usted)

Visit: www.safetyachievement.com



SAFETY ABC

Training Topics That Makes Sense

HEAT & WORK



Heat is a year round job hazard in workplaces like foundries, bakeries/kitchens, laundries, and smelters. Heat is also a hazard for outdoor workers especially in the summer. But also can affect people working in an AC environment when they get out to lunch or they go home.

HEAT and WORK

How does your body deal with heat?

There is no simple answer. The amount of heat in the environment depends on

- air temperature
- humidity
- air movement
- the presence of hot objects

The body works best within a narrow range of body temperature, 36-37.5 degrees Celsius. An increase in body temperature of more than 1 degree means the body is having trouble dealing with heat in the environment. The body exchanges heat with hot objects like the sun and hot metal as well as hot air. The body gets rid of heat by sweating. When the moisture in the air (humidity) is high, the body has difficulty sweating. The harder you work the more heat you produce which must then be lost.

Physical Conditions That Affect

Dehydration, tiredness, being overweight, age (over 40 and young children), poor physical condition, and recent intake of alcohol can reduce your ability to withstand heat. It is also important to take into account the physical activity required to do the work, the work/rest schedule, and how used you are to working in the heat (acclimatization).

How does too much heat affect your health?

When the body cannot get rid of as much heat as is required to maintain a normal body temperature the following conditions can occur:

- **Heat Rash** — also called "prickly heat", this rash occurs when the sweat glands become plugged after much sweating over a long period of time. This reduces your ability to sweat and lose heat.
- **Heat Cramps** — Cramps, which are sometimes severe, can occur in the muscles used for work like legs, arms and abdomen. This may result from the loss of salt and/or potassium during sweating.
- **Heat Exhaustion** — Weakness, dizziness, fainting, headache, breathlessness, nausea and vomiting are symptoms of heat exhaustion. The skin may be pale and is very moist because sweating can be intense. Victims of heat exhaustion often do not notice the symptom which means everyone needs to know and watch for the signs so you can help your co-workers.

What can you do for Heat Rash, Cramps, and Exhaustion?

- move to a cool area
- encourage rest
- give cool liquids to drink
- place a cool, wet cloth on their forehead and neck

Heat Stroke

This condition is life-threatening. It requires immediate medical attention and hospitalization. In this case, sweating stops and the skin is hot and dry. Confusion, convulsions, unconsciousness and death can occur. After recovery from Heat Stroke, you may continue to have problems dealing with the heat.

What can you do?

- Call 911 for anyone unconscious (take conscious victims to a doctor as soon as possible)
- Do not give anything by mouth to anyone who is in and out of consciousness.
- Move to a cooler area
- Soak the victim's clothing with cool water
- Fan to promote cooling

Other Heat Related Problems

- safety concerns with slippery, sweaty hands and fogging of safety glasses
- decrease in mental alertness and performance
- burns to skin exposed to hot objects like the sun and metal.

DO NOT COPY