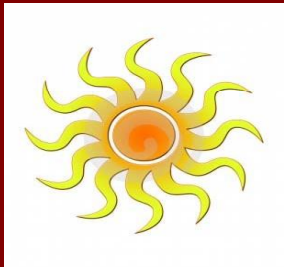


Heat Stress – Safety Talk



Thousands of workers become sick every year from overexposure to heat. Some workers have even died from heat-related illnesses

To protect yourself and your coworkers, it is important that you can recognize symptoms of heat stress

RISK FACTORS FOR HEAT-RELATED ILLNESSES

Environmental Factors:

- Hot temperature
- High humidity
- Sunlight
- Air movement

Personal Factors:

- Low liquid intake
- Physical labor
- Clothing
- Conditioning, acclimation
- Pre-existing personal conditions

PREVENT HEAT STRESS



HOW TO CONTROL RISK FACTORS

- Air conditioning
- Fans and blowers for air movement
- Work/rest regiments
- Providing cool break areas and fluids
- Training on symptoms of heat-related illnesses

HEAT-RELATED ILLNESSES

There are four major types of heat-related illnesses:

- Heat Cramps
- Heat Rash
- Heat Exhaustion
- Heat Stroke

It is important to recognize the difference between the symptoms of Heat Exhaustion and Heat Stroke.

Heat Exhaustion

- Headaches, dizziness, or fainting
- Extreme sweating, wet skin
- Irritability, confusion
- Nausea or vomiting

Heat Stroke

- Hot, dry, clammy skin
- Elevated body temperature
- Unconsciousness
- Seizures

HEAT STRESS IS A MEDICAL EMERGENCY!

Call 911 or 801-567-8865
If you witness anyone suffering these Symptoms!

HOW TO PROTECT YOURSELF FROM HEAT-RELATED ILLNESSES:

1. Drink fluids regularly and frequently.
2. Avoid drinking caffeine or other diuretics.
3. Wear natural-fiber fabrics, such as cotton.
4. Avoid wearing synthetic fabrics such as nylon.
5. When working outdoors: cover skin with loose-fitting, light-colored clothes.
6. Avoid wearing hats when working indoors.
7. Take regular rest breaks in a shaded or cool area.

HEAT RELATED ILLNESSES ARE PREVENTABLE!

Do not over stress your body in hot environments, Listen to your body and stop working if you feel any symptoms of heat related illnesses.