



## Beat the Heat and Stay Safe!

### Dangers of Working in the Heat

We're into the hot, humid days of summer already this year, thus there are precautions we need to take to prevent heat stress. Physical activity at high temperatures can directly affect health and indirectly be the cause of accidents. Every year, dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition.



### What is Heat Stress?

It's a signal that says the body is having difficulty maintaining its narrow temperature range. The heart pumps faster, blood is diverted from internal organs to the skin, breathing rate increases, and sweating increases, all in an attempt to transfer more heat to the outside air and cool the skin by the evaporation of sweat. If the body can't keep up, then the person suffers effects ranging from heat cramps to heat exhaustion, and finally to heat stroke.

### Beat the heat. Help prevent the ill effects of heat stress:

- ✓ Drink water frequently and moderately (about a glassful every 15-30 minutes). On a very warm day you can lose as much as two liters of fluid.
- ✓ Rest frequently.
- ✓ Eat lightly.
- ✓ If you work outdoors, plan to do more strenuous jobs during the cooler morning hours.
- ✓ Use ventilation or fans in enclosed areas.
- ✓ It takes about 1-2 weeks for the body to adjust to the heat; this adaptation is quickly lost – so your body will need time to adjust after a vacation, too.
- ✓ Avoid alcohol consumption. Many cases of heat stress have occurred the day after a "night on the town."
- ✓ Wear light-colored, cotton clothes and keep your shirt on when you're working outside – desert nomads don't wear all those clothes for nothing!!



***Remember, most heat-related illnesses can be prevented!***

**WATER. REST. SHADE.**

# Heat Stress



**If possible, stay out of the sun.**



**Know the signs and symptoms of Heat Stress.**

- Dizziness
- Headache
- Weakness
- Rapid Heartbeat
- Nausea
- Cramps
- Chest Pain
- Labored Breathing



**When the weather is hot, avoid caffeine**

**COOL DOWN, whenever possible**



**Wear loose, breathable clothing such as cotton. If you must work in the sun, wear hats and use sun screen.**

**Maintain proper hydration. Drink small amounts of water frequently. Avoid feeling thirsty.**

