

PREVENTING HEAT STRESS

Heat Stress occurs when the body is unable to cool itself by sweating.



Five Main Types of Heat Stress

1. Heat Rash
2. Heat Cramps
3. Fainting
4. Heat Exhaustion
5. Heat Stroke, the most severe, can result in death!

**WATER
REST
SHADE**

Heat Stress
Can Be Prevented

Risk Factors

- » High temperature and humidity
- » Direct sun exposure, no wind
- » Low liquid intake
- » Heavy physical labor
- » Waterproof clothing
- » No recent exposure to high heat

First Signs

- » Sweating
- » Headache
- » Feeling tired, weak or dizzy
- » Heat rash or small bumps on skin (usually on the arms, legs, back or stomach)



STEPS TO PREVENTING HEAT ILLNESS.

- » Drink plenty of water; even if you aren't thirsty;
- » Rest in the shade to cool down;
- » Wear a hat and lightweight, light colored, loose fitting clothes;
- » Avoid alcohol, caffeinated drinks or energy drinks - these can cause dehydration and make it more dangerous for you to work in the heat.



Heat Exhaustion

- » Headaches, dizziness, sweaty skin
- » Weakness, cramps, fast heartbeat
- » Nausea or vomiting

VS

Heat Stroke

- » Red, hot and dry skin
- » High temperature
- » Mental confusion, convulsion or fits

What's the difference?

- » **Heat Exhaustion:** you still sweat a lot
- » **Heat Stroke:** you stop sweating and your skin is red
- » Heat stroke symptoms are more visible to others

Watch Out for Your Co Workers

What to do

- » Notify your immediate Supervisor to contact emergency services
- » Follow instructions until help arrives

While waiting for help

- » Move the worker to a cool, shaded area
- » Loosen or remove heavy clothing
- » Provide drinking water
- » Cool the worker:
 - Fan them
 - Put ice packs in the groin and underarm areas **OR**
 - Soak their clothing with cool water
 - Provide first aid

