



Longshore Safety Tip

May - 2009

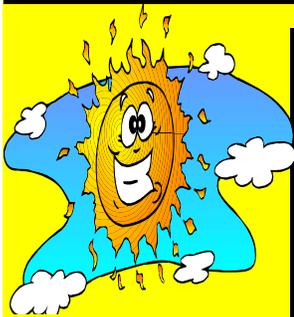
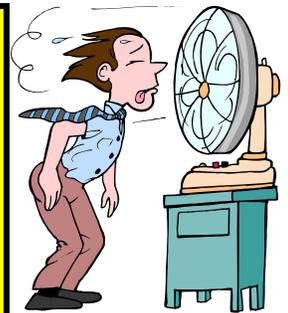
PREVENTING HEAT STRESS WHILE ON THE JOB



Hot summer months pose special hazards for outdoor workers who must protect themselves against heat, sun exposure, and other hazards.

Personal Risk factors for Heat Illness

factors such as an individual's age, degree of acclimatization, health, water consumption, alcohol consumption, caffeine consumption, and use of prescription medications that affect the body's water retention or other physiological responses to heat.

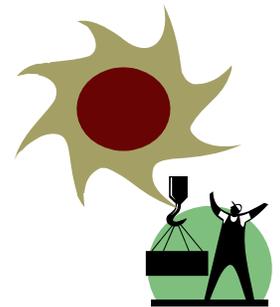


Some of the most common illnesses caused by excessive heat exposure include:

- 1. HEAT STRESS*
- 2. HEAT EXHAUSTION*
- 3. HEAT STROKE*

Heat Stress

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.



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Heat Exhaustion

- *Headaches, dizziness, lightheadedness or fainting. Weakness and moist skin.*
- *Mood changes such as irritability or confusion.*
 - *Upset stomach or vomiting.*

Take Immediate Action in the Case of Heat Stroke

- *Dry, hot skin with no sweating.*
- *Mental confusion or losing consciousness.*
 - *Seizures or fits.*



Preventing Heat Stress



- *Block out direct sun or other heat sources.*
- *Use cooling fans/air-conditioning; rest regularly.*
- *Drink lots of water; about 1 cup every 15 minutes.*
- *Wear lightweight, light colored, loose-fitting clothes.*
- *Avoid alcohol, caffeinated drinks, or heavy meals.*
- *Replace yourself if you can't get acclimated to your environment.*

What to Do for Heat-Related Illness Emergencies

Notify Supervision and follow their instructions while waiting for help to arrive:

- *Move the worker to a cool, shaded area.*
- *Loosen or remove heavy clothing.*
- *Provide drinking water.*
- *Fan and mist the person with water.*



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