



Longshore Safety Tip

June - 2011

PREVENTING HEAT STRESS

Heat Illness occurs when the body is unable to cool itself by sweating. There are five main kinds of illness: Heat Rash; Heat Cramps; Fainting; Heat Exhaustion and the most severe Heat Stroke which can result in death!

“First Signs” you may notice indicating the onset of heat illness:

- *Sweating.*
- *Headache, Feeling tired, weak and or dizzy.*
- *Heat rash or small red bumps on the skin, usually on the arms, legs back or stomach.*

These early signs indicate it’s time to cool off, rest, and drink water to recover. Ignoring these signs could result in development of a more serious form of heat illness. Look out for yourself & your co-workers!

SOME PEOPLE ARE AT GREATER RISK FROM HEAT ILLNESS, BECAUSE

THEY:

- *Are not used to working outdoors in the heat.*
- *Have had heat related symptoms the day before.*
- *Are not physically fit or are overweight.*
- *Are wearing dark, heavy or tight clothing.*
- *Have health conditions such as diabetes, pregnancy, kidney or heart problems.*



*TELL YOUR SUPERVISOR RIGHT AWAY IF:
YOU HAVE ANY OF THE “FIRST SIGNS” ABOVE!!!*

Heat Illness - can quickly become life-threatening. Since early signs (headache, nausea, rash etc.) are not clearly visible to others, it’s important that you report them immediately to your supervisor.

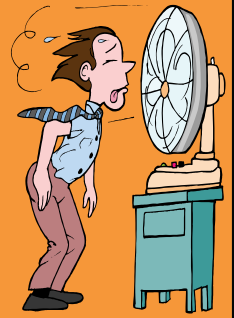


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Steps to Preventing Heat Illness

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



Symptoms of Heat Exhaustion

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

Symptoms of Heat Stroke

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

What's the difference between these two types of heat illness?



- With Heat Exhaustion - you still sweat a lot.
- With Heat Stroke - you stop sweating and your skin is red.
- Heat stroke is more dangerous and symptoms are more visible to others.

WATCH OUT FOR YOUR CO WORKER: IF SOMEONE ON THE JOB HAS HEAT ILLNESS SYMPTOMS

- Notify Supervision to contact emergency services and follow instructions while waiting for help to arrive.

While waiting for help to arrive

- 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 under-arms areas or soak their clothing with cool water.
- Provide first aid.



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