



# Longshore Safety Tip

May - 2013

## 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 .*
- *Drank alcohol or took drugs before work.*
- *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 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 underarms areas or soak their clothing with cool water.*
- *Provide first aid .*



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