

Longshore Safety Tip

May - 2018

PREVENTING HEAT STRESS WHILE ON THE JOB

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.

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

If Someone on the Job has Heat Illness Symptoms:

- Notify Supervision to contact emergency services and follow instructions 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



WATER. REST. SHADE.

The work can't get done without them.



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Protect Yourself

Avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these cannot be avoided, take the following preventative steps:

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses
- Wear light-colored, loose-fitting, breathable clothing such as cotton
- Avoid non-breathable synthetic clothing
- Gradually build up to heavy work
- Take more breaks when doing heavier work, and in high heat and humidity
- Take breaks in the shade or a cool area
- Drink water frequently. Drink enough water that you never become thirsty
- Avoid alcohol, caffeinated, or energy drinks which can cause dehydration and make it more dangerous for you to work in the heat

Risk Factors for Heat Illness

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

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

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.



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