



Longshore Safety Tip

May - 2015

PROTECTING WORKERS FROM 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 be serious. Look out for yourself & your co-workers.

Tell your supervisor right away if you experience the signs of heat illness.

**WATER
REST
SHADE**



**HEAT ILLNESS
CAN BE
PREVENTED**

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.



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Steps to Prevent 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.
- Stay alert to the weather.



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.

IF SOMEONE ON THE JOB HAS HEAT ILLNESS SYMPTOMS

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

Excessive exposure to heat can cause a range of heat-related illnesses, from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

While waiting for help to arrive

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide drinking water if able to drink.
- Cool the worker. Fan & mist with water.
- Provide first aid.



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