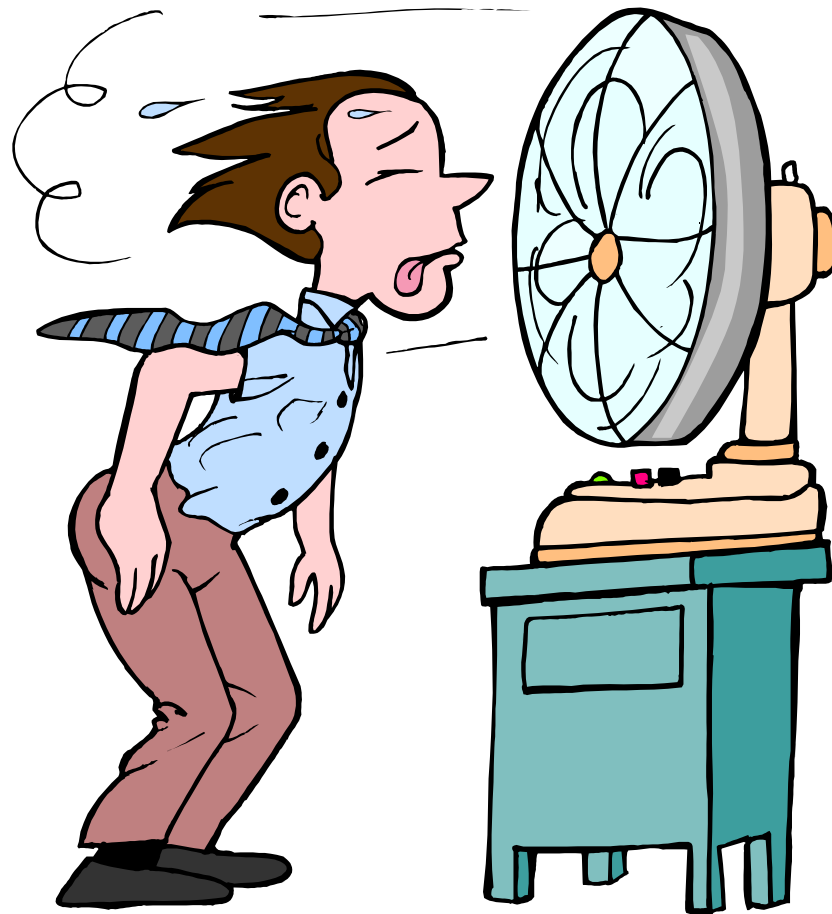




Preventing Heat Illnesses (Heat Exhaustion, Heat Stroke, and other Related Heat Problems)





Preventing Heat Illness – Our Goal



- ☀ Recognizing the Risk Factors
- ☀ Knowing Heat Illnesses Signs and Symptoms
- ☀ How to Prevent Heat Illness
- ☀ What to do if a Heat Illness Occurs?





Environmental Risk Factors for Heat Illness



- ☀ Air Temperature and Humidity
- ☀ Radiant Heat from the Sun
- ☀ Air Current
- ☀ Clothing and Equipment
- ☀ Workload Severity and Duration





Personal Risk Factors for Heat Illness



☀ Your Body

- Health
- Age
- Degree of Acclimatization

☀ Liquids

- Water
- Alcohol
- Caffeine
 - Diuretic

☀ Prescription Medicine

- Body's Water Retention





Heat Exhaustion



- ☀ Temperature normal or slightly above
- ☀ Clammy, moist skin
 - Pale or flushed
- ☀ Weakness, giddiness, nausea, headache
- ☀ Immediately:
 - Move victim to cool area
 - Provide water and rest
- ☀ If they lose consciousness or vomits
 - Seek Medical Aid





Heat Stroke



- ☀ Very high temperature – above **103° F**
- ☀ Hot, dry skin and rapid pulse
- ☀ Confusion, delirium, convulsions or unconsciousness
- ☀ Medical emergency!
- ☀ Immediately cool to reduce core temperature
 - Loosen/remove extra clothing
 - Pour or sponge water over person or immerse
 - Fan vigorously





Emergency and First Aid



☀ Employees

- Report your or other co-worker's signs and symptoms of heat illness to you supervisor.

☀ Supervisors

- Contact Security for Medical Assistance (x5000)
 - Provide Employee's Work Location





Steps for Preventing Heat Illness





Preventing Heat Illness



- ☀ Acclimatize
- ☀ Dress for Heat Conditions
- ☀ Drink Plenty of Water
- ☀ Access to Shade



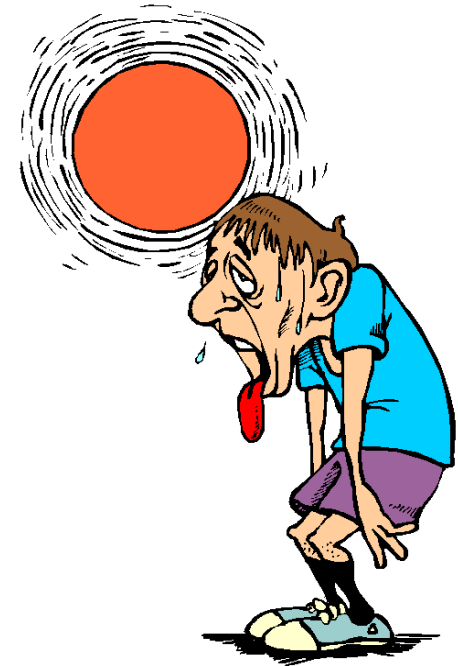


Importance of Acclimatizing



☀ Acclimatization

- Temporary Adaptation
 - Short Periods of Working in the Heat Gradually Increasing in Time and Intensity
- Peaks in Most People
 - Four to Fourteen Days of Regular Work for at Least Two Hours a Day





Dress for Heat Conditions



- ☀ Lightweight, loose-fitting clothing
 - Allows sweat to evaporate.
- ☀ Heavy clothing and equipment
 - Traps heat and sweat against the skin
 - Body Produces More Sweat to Cool Itself





Water



☀ Drink!

- Don't Wait for Warning Signs of Heat Illness
- Need to Replace Fluids Lost During Sweating

☀ Supervisors must:

- Provide Enough Water for Employees to Drink One Quart per Hour or Have a Means to Replenish During the Shift.





Access to Shade



☀ Strenuous Work

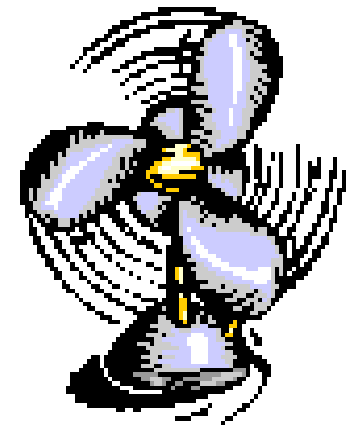
- Schedule During Cooler Part of the Day
- Try and Do in Shaded Areas

☀ Access to Shade

- Supervisors Must Assure that Employees Have Access to Shade
 - Especially Break Times

☀ Optional Cooling methods include:

- Ventilation, Fans
- Vehicle Air Conditioning, if Applicable
- Tent Shading





Supervisor Responsibilities

☀ Prevent Heat Illness

- Ensure Employees Receive Heat Illness Training
- Provide Adequate Water Supplies
- Provide Access to Shade
- Be Alert to any Employee Symptoms of Heat Illness





Employee Responsibilities



☀ Follow Heat Illness Precautions

- Drink Water – Keep Hydrated
– One Quart per Hour
- Recognize Symptoms of Heat Illness
- Immediately Report any Symptoms of Heat Illness in Yourself or Co-Workers.





Review Questions



- ☀ What are the Risk Factors to Heat Illness?
 - Environmental factors such as temperature and humidity and personal factors such as health and water use
- ☀ How can you recognize Heat Stroke?
 - Confusion, delirium, convulsions, hot, dry skin
- ☀ How much water do you need to prevent heat illness?
 - At least one quart per hour per employee or two gallons per shift per employee

