YOUR COMPANY LOGO

☀

HEAT STRESS

Know the Signs - Act Fast - Save Lives

● Heat Cramps

Signs: Painful muscle cramps or spasms, heavy sweating

➤ First Aid: Stop work. Rest in shade or a cool area. Give water if alert. Report it to your supervisor.

⚠ Heat Exhaustion

Signs: Headache, nausea, dizziness, weakness, heavy sweating, muscle cramps

➤ First Aid: Relieve from duty. Move to shade or a cool area. Give water if alert. Loosen heat-trapping clothing and PPE. Cool with water and fanning. Never leave them alone.

⚠ Heat Stroke - LIFE THREATENING

Signs: Collapse or fainting, confusion, acting strangely, staggering, vomiting, convulsions; hot skin, which may be dry or still sweating

➤ First Aid: CALL 911 FIRST. Then cool right away and keep cooling until EMS takes over: cold water, ice packs, wet cloths and fanning. No drinks unless fully alert. Stay with them.

☎ Heat stroke is a medical emergency - CALL 911 IMMEDIATELY

✓ Prevention Tips

- **Hydrate:** About a cup of water every 15 to 20 minutes, before you feel thirsty (company rule)
- **Rest:** Take breaks in shaded or air-conditioned areas
- **Acclimate:** New workers 20, 40, 60, 80% of a normal day's heat exposure on days 1 to 4; returning workers 50, 60, 80% (company floor)
- **Buddy system:** Watch coworkers for signs of heat illness
- **Clothing:** Wear lightweight, light-colored, loose-fitting clothing
- **Schedule:** Perform heavy work during cooler parts of the day when possible