



Safety Tip of the Week

Your Safety Is Our Business®

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Hot and Hazardous: Heat Illness Can be Deadly



A rise in body temperature of as little as 2 degrees can negatively impact brain function, making heat an underlying cause of job accidents. As workers overheat, their diminished brain function can cause them to overlook hazards and make mistakes. A 5 degrees rise in body temperature can be fatal.

Signs of Trouble

- The hotter it gets, the more stress on the body. The first signs of trouble include symptoms like:
- Fatigue
- Thirst
- Discomfort
- Lightheadedness

Help prevent the ill effects of heat stress by:

- Drinking water frequently and moderately (every 15-20 minutes, at least 8 ounces) -- due to the fact that most of us already consume excessive salt in our diets, salt tablets are NOT recommended for general use;
- Resting frequently;
- Eating lightly;
- Doing more strenuous jobs during the cooler morning hours;
- Utilizing the ventilation or fans in enclosed area;
- Avoiding alcohol consumption -- many cases of heat stroke have occurred the day after a "night on the town;" and
- Wearing light colored and cotton clothes.

Your good health is your greatest wealth!!

