



Safety Tip of the Week

Your Safety Is Our Business®

Volume 1, Issue 3

June 8th, 2014

Heat Stress Safety – Prepare for Hot Weather

With hot weather comes the realization that some workers will be exposed to excessive heat — hot conditions that pose special hazards to their safety and health. Knowing the warning signs and what to do if heat stress occurs could turn around a potentially dangerous situation.

Environmental factors that play a role in the amount of heat stress a worker faces include temperature, humidity, radiant heat (such as from the sun or a furnace), and air velocity. Personal characteristics such as age, weight, fitness, and medical condition also are important factors in a person's ability to deal with excessive heat. Keep the following information handy, especially for the next few months.



How can you prevent or control heat-related illnesses:

- Drink water - Drink small amounts of water frequently, about a cup, 8 ounces, every 15-20 minutes. (Alcohol increases the loss of body fluids.)
- Limit exposure time and/or temperature - Try to schedule hot jobs for cooler times of the day or cooler seasons of the year. Take rest breaks in cool areas. Add more workers to reduce workload or reduce the workday.
- Acclimatization - Gradually adapting to heat will reduce the severity of heat stress.
- Engineering controls - Mechanize heavy jobs or increase air movement with fans or coolers.
- Wear loose, lightweight clothing - Clothing can affect heat buildup.
- Salt tablets should not be used - Taking salt tablets can raise blood pressure, cause stomach ulcers, and seriously affect workers with heart disease.

Heat Stress Can Kill...Take Time to Cool Down!!



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