



SAFETY UNLIMITED, INC.

# Safety Tip of the Week

## Heat Stress Causes Body Reactions

Awareness of heat illness symptoms can save your life or the life of a co-worker. Personal factors that may contribute to heat illness, or make you more susceptible, include age, weight, level of fitness, medical condition, use of medications and alcohol.

Sweating is a way the body uses to maintain a stable internal body temperature in the face of heat. However, sweating is effective only if the humidity level is low enough to permit evaporation and if the fluids and salts lost are adequately replaced.



However, the body cannot dispose of excess heat. It will store it. When this happens, the body's core temperature rises and the heart rate increases. As the body continues to store heat, the individual begins to lose concentration and has difficulty focusing on a task, may become irritable or sick, and often loses the desire to drink. The next stage is most often fainting. Death is possible if the person is not removed from the heat stress.

### Ways to Prevent Heat Stress:

- Drink plenty of cool water (one small cup every 15-20 minutes).
- Wear light, loose-fitting, breathable (like cotton) clothing.
- Take your breaks away from heat sources or direct sunlight. (Allow your body to cool down.)
- Avoid eating large meals before working in hot environments.
- Avoid caffeine and alcoholic beverages. (These beverages make the body lose water and increase the risk for heat illnesses).

**Don't leave heat safety in the dust, staying hydrated is a must!!**