



# Safety Tip of the Week

## Protecting Workers from Heat

Working outdoors in hot weather can result in serious illness or even death. Workers exposed to extreme heat may experience symptoms of heat-related illnesses, such as heat cramps, heat rash, heat exhaustion, fainting, heat stroke, and other symptoms.

Heat-related illness is also linked to injuries from falls, equipment operation accidents, and other on-the-job incidents. Such incidents can happen when someone with heat stress becomes fatigued, dizzy confused, or disoriented.



### Dehydration:

Dehydration occurs when you lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. If lost fluid remains unreplenished, you may suffer serious consequences.

Common causes of dehydration include intense bouts of diarrhea, vomiting, fever, or excessive sweating. Inadequate intake of water during hot weather or exercise also may deplete your body's water stores.

Each day, workers should be reminded of the temperature and humidity levels, and encouraged to follow OSHA's key pieces of advice:

- Drink water every 15 minutes, even if you're not thirsty;
- Rest in the shade to cool down;
- Wear a hat and light-colored clothing;
- Learn the signs of heat illness and what to do in an emergency; and
- Keep an eye on fellow workers.

***YOU MUST BE CAREFUL IN EXTREME HEAT, DRINK WATER AND IN THE SHADE  
TAKE A SEAT!!***