



JUNE SAFETY BULLETIN

HEAT STRESS PREVENTION

Plan ahead when working in hot environments by taking these steps:

Protect Your Skin

- Cover skin with light breathable clothing.
- Use sunscreen on areas that are in direct sunlight.

Stay Hydrated

- Drink 3 to 4 liters of water per day.
- Drink fluids with added electrolytes to replenish what is lost in perspiration.

Plan Work Strategically

- Avoid strenuous work during the hottest part of the day.
- Plan regular hydration breaks and check in with coworkers.

HEAT STRESS INJURY RECOGNITION

Early detection of heat stress injury can prevent deterioration into what can be a life threatening condition.

Heat Cramps | Symptoms include painful muscle cramps or spasms in the abdomen, legs or arms.
• Usually resolved with rest and hydration.

Heat Exhaustion | Symptoms include cramps, dizziness, headache, heavy sweating, mild confusion, and fainting.

- Move to a cooler area out of direct sunlight.
- Apply cool wet towels to face, neck, chest, and limbs and if possible have someone fan skin.
- Drink small amounts of fluids every 15 minutes.

Heatstroke | Symptoms include high body temperature, irrational behavior, confusion, loss of consciousness.

- **Call 911**
 - Move to a cooler area out of direct sunlight.
 - Rapidly cool body temperature by placing ice or wet towels to underarms, wrists, and groin.
 - Drink small amounts of fluids every 15 minutes.
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