



## Beat the Heat

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During the summer months, employees should be especially aware of the dangers associated with working in high-temperature environments. Heat and humidity combined with physical exertion can do more than just make you uncomfortable—it can lead to a variety of heat-related illnesses.

### Heat Exhaustion Symptoms

- Headaches
- Dizziness/light-headedness
- Weakness
- Mood changes (irritable or confused)
- Feeling sick to your stomach
- Vomiting
- Decreased and dark colored urine
- Fainting; pale clammy skin

### Heat Stroke- A Medical Emergency

- Dry, pale skin (no sweating)
- Hot red skin (looks like a sunburn)
- Mood changes
- Seizures
- Collapse/passed out and does not respond

### Things you can do to prevent difficulties from heat related illnesses and injuries:

- Learn the signs and symptoms of heat-induced illnesses.
- Use the buddy system (work in pairs) when working in hot conditions.
- Don't overexert yourself; work at a steady pace.
- Drink cool water often. Don't wait until you're thirsty. A small cup (4-8 ounces) every 15-20 minutes is recommended.
- Wear light, loose-fitting, breathable (like cotton) clothing.
- Wear a hat, sunglasses and sunscreen.
- Avoid eating large meals before working in hot environments. Be sure your noon meal is light and cool. Save your heavy meal for home after work.
- Avoid caffeine and alcoholic beverages (these beverages make your body lose water and increase the risk for heat illnesses).
- Acclimate yourself. Slowly build up tolerance to the heat and your work activity.
- Do your heaviest work in the coolest part of the day.
- Take frequent short breaks in cool shaded areas. This allows your body to cool down.
- Stay physically fit.
- If you or a co-worker start to feel symptoms such as nausea, dizziness, weakness or unusual fatigue, let your supervisor know and rest in a cool shaded area. If symptoms persist or worsen seek immediate medical attention.
- When working in the heat be sure to pay extra attention to your co-workers and be sure you know how to call for medical attention.

***Awareness of heat illness symptoms can save your life or the life of a co-worker***