

Safety Moment of the Week

Prevent Heat Illness!

May 27th – June 2nd, 2018

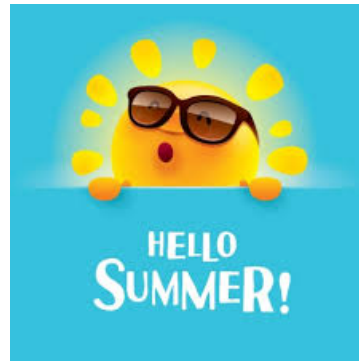


Extreme heat and exposure to the sun can cause heat-related illnesses and death. Know the signs of heat illness and how to protect yourself from the heat.

Who is at a higher risk? people over 65 and children; people with certain medical conditions such as heart disease, diabetes, obesity or high blood pressure; people on certain medications such as medications for depression, insomnia, or poor circulation; and people that work or exercise outside.

Know the warning signs:

- Dizziness
- Fatigue
- Nausea or vomiting
- Clammy, pale skin
- Confusion
- Muscle cramps
- Fainting



Know what to do:

Move the victim to a cool, shaded area.
If possible, get the victim to drink some water.
Pour cool water over the victim's head, face and neck.
If the victim has fainted, is confused or is vomiting, **CALL 911**.

How do I prevent heat illnesses?

- Drink lots of fluids, especially water. Drink water, even if you do not feel thirsty.
- Replace lost body salt by drinking liquids, such as sport drinks or electrolytes.
- Do not drink liquids that contain alcohol, large amounts of sugar or caffeine.
- Avoid hot foods and heavy meals. Eat more frequent, smaller and healthier meals.
- Rest in a shaded or air conditioned area on breaks. Undue and open up your coveralls on breaks to allow your body to cool.
- Keep an eye on fellow co-workers. They may not recognize their own signs of heat illness.
- Whenever possible, wear loose-fitting, lightweight and light-colored clothing.
- Avoid sunburn. Having a sunburn reduces your body's ability to lose heat.
- Never leave anyone (children or pets) in a closed, parked vehicle.

