

Heat Stress Prevention

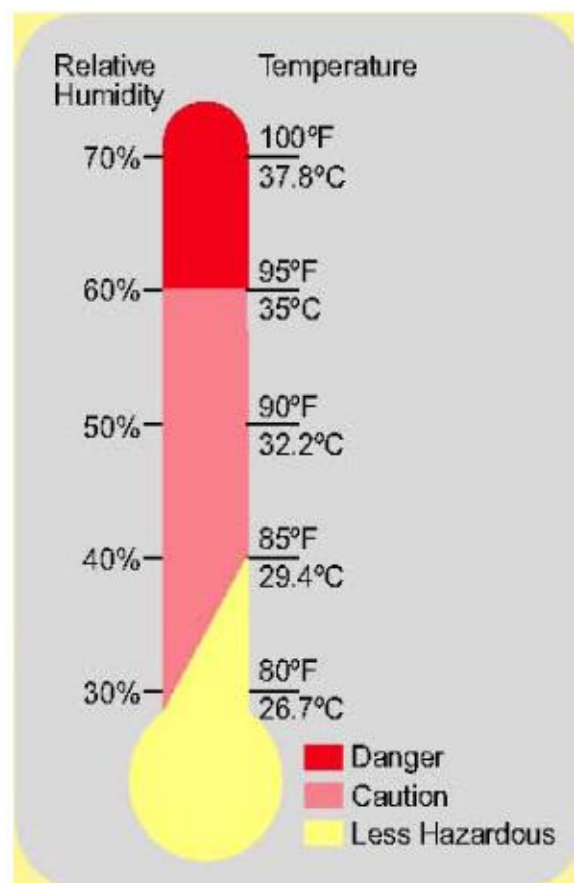
Serious heat illness will result if your body is unable to cool itself.

THE HEAT EQUATION

High Temperature + High Humidity + Physical Work = HEAT ILLNESS

Symptoms of heat illness include:

- Confusion
- Dizziness
- Dry, pale skin
- No sweating
- Hot/red skin
- Irritability
- Unconsciousness



Responses to heat illness include:

- Move victim to shaded area
- Lay on back
- Elevate feet
- If conscious give water
- If unconscious **CALL 911**
- Place ice under armpits

TO PREVENT HEAT ILLNESS:

- Break new workers in slowly
- Wear loose fitting clothing, such as cotton
- Be aware of side effects of medications
- Use general and local ventilation
- Use shade or umbrella's to reduce heat load
- Continuously drink water to stay hydrated
- Remember heat stress symptoms