



Weekly Safety Briefings

Week # 31 – Aug 1 – Aug 5, 2022

Heat Exhaustion

Monday – Record Setting Temperatures:

With record setting heatwaves across the country it is important that we are on the lookout for the signs and symptoms of heat exhaustion. This week's talk is a review of heat stress and ways to stay safe both at work and at home. There are many activities and conditions that can pose heat stress risks: when the temperature outside starts to soar, during strenuous physical activity and when you work around radiant heat sources. When your body is at risk of a heat induced illness, it will tell you. Heat stress symptoms are visible; you just need to know what conditions to watch out for. Over the next few days we will learn about heat exhaustion, heat stroke and other heat related conditions to out look for.

Tuesday –Heat Exhaustion:

Symptoms/signs of heat exhaustion: headaches, dizziness, lightheadedness or fainting, weakness and moist skin, mood changes such as irritability or confusion or upset stomach/vomiting.

If you, or someone around you, are showing these signs of **heat exhaustion**, you should:

- Act immediately. If not treated, heat exhaustion may advance to heat stroke or death.
- Move them to a cool, shaded area to rest. Do not leave them alone
- If symptoms include dizziness or lightheadedness, lay the victim on his or her back and raise the legs 6-8 inches
- If symptoms include nausea or upset stomach, lay the victim on his or her side
- Loosen and remove any heavy clothing
- Have the person drink cool water unless they're sick to their stomach or unresponsive

Cool the person by fanning and spraying with a cool mist of water, or applying a wet cloth to the person's skin (neck, forehead, cheeks, etc.) Call 911 for help if the person does not feel better in a few minutes

Wednesday – Heat Stroke:

Symptoms of heat stroke: dry, hot skin with no sweating, mental confusion or losing consciousness or seizures/convulsions. If you, or someone around you, are showing signs of **heat stroke**, you should:

- **Call 911 immediately**
- Move them to a cool, shaded area to rest. Do not leave them alone
- If symptoms include dizziness or lightheadedness, lay the victim on his or her back and raise the legs 6-8 inches
- If symptoms include nausea or upset stomach, lay the victim on his or her side
- Loosen and remove any heavy clothing
- Have the person drink cool water unless they're sick to their stomach

Cool the person by fanning and spraying with a cool mist of water, or applying a wet cloth to the person's skin (neck, forehead, cheeks, etc.) Place ice packs under the armpits and groin area.

Thursday – Other things to Watch Out For:

Heat Cramps are painful spasms of the muscles, caused when people drink large quantities of water but fail to replace their bodies' salt loss. Tired muscles (those used for performing the work) are usually the ones most susceptible to cramps. Cramps may occur during or after working hours and may be relieved by taking liquids by mouth or IV saline solutions for quicker relief, if medically required.

Heat Rash can occur in hot and humid environments where sweat is not easily removed from the surface of the skin by evaporation. It can be prevented by resting in a cool place and allowing the skin to dry.

Fainting can be a problem for people who are not used to a hot environment and who frequently stand still. Victims usually recover quickly after a brief period of lying down. Moving around, rather than standing still, will usually reduce the possibility of fainting.



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Friday – What We Need To Do To Stay Safe?

You can protect yourself and those around you by:

- Recognizing the signs and symptoms we learned about this week and responding appropriately
- Performing the heaviest work during the coolest part of the day
- Build up tolerance to the heat slowly (this usually takes about 2 weeks)
- Drink plenty of cool water, about 1 cup every 15-20 minutes. Caffeine, high sugar sodas, and alcohol actually work against the body in high temperatures
- Wear light, loose-fitting, breathable clothing, such as cotton
- Take frequent, short breaks in a cool, shaded area to allow the body to cool down
- Avoid eating large meals before working in hot environments
- Know if any of your medications can affect you when working in hot environments