

Employee Safety

## Heat Awareness

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### HYDRATION LEVEL

When workplace temperatures rise, the body can't regulate heat as well. Excessive perspiration occurs, body fluids are lost and worker productivity can suffer by up to 12% with as little as 1% body fluid loss.

### HEAT ILLNESSES

Heat related illness and deaths are a real concern for employers and workers. According to the National Safety Council, 11 American workers die on the job each day due to various accidents and injuries.

Take time to become familiar with the symptoms and responses to unprotected heat exposure.

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**Heat Cramps:** Painful muscle spasms, usually in the abdomen and legs. Possible heavy sweating.

**Action:** Apply firm pressure on cramping muscles, then gently massage to relieve muscle spasm.

**Heat Exhaustion:** Heavy sweating, fainting, nausea, fast pulse, low blood pressure, weakness, pale and clammy skin and possible vomiting.

**Action:** Stop exertion, move to a cool spot and rehydrate. If vomiting occurs and continues, seek medical attention immediately.

**Heat Stroke:** High body temperature (above 103°F), hot, red, dry or moist skin, strong rapid pulse and possible unconsciousness.

**Action:** Call 911 immediately - this is a medical emergency. Move victim to a cooler area and reduce body temperature with cold bath or sponging. Do NOT give fluids!

