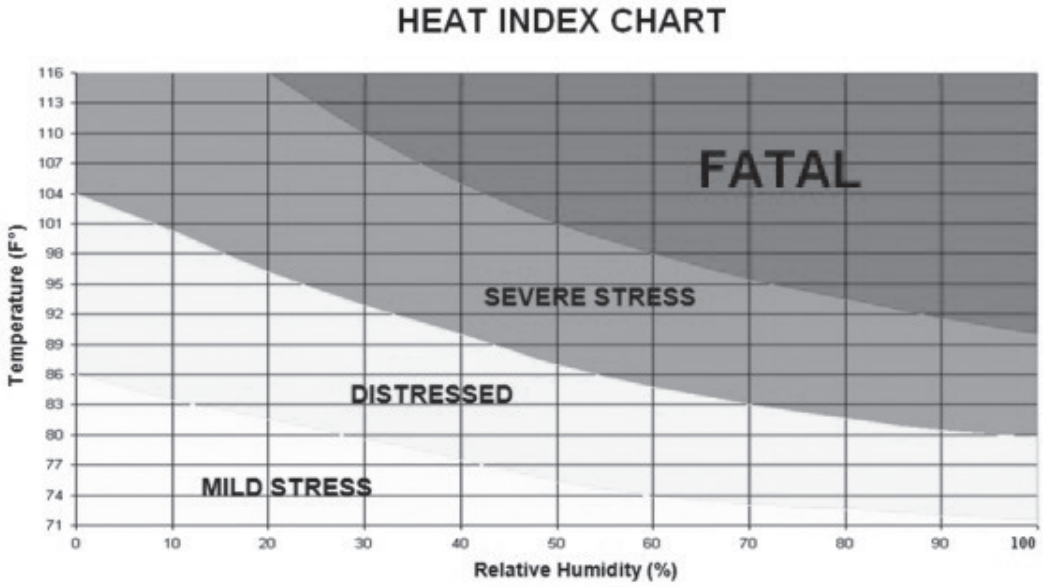
Heat Stress

Summer heat is wonderful on the beach or when lying beside a pool, but when you are working in the heat, beware of the effects of heat stress. Heat stress can lead to heat exhaustion, heat stroke, and even death. As the temperatures of summer get hotter, you may want to review your first aid training for recognizing the symptoms and treatment for heat stress.

Symptoms
Nausea
Vomiting
Headache
Rapid heart rate
Weakness
Dizziness/Chills
Difficulty breathing

Treatment
Rest
Cool down (shade, air conditioning)
Increase fluids

BEST PRACTICES

- Communicate to all employees when temperature and humidity approach hazardous levels.
- Train employees in recognizing heat stress & dehydration.
- Provide and encourage consumption of fluids.
- Use the buddy system. Watch coworkers for signs of heat stress.

Note: If you feel thirsty, you are already dehydrated to some extent. A good rule of thumb is to drink as many ounces of water as you weigh in pounds every day. (A 150 pound person should drink 150 ounces of water per day)