

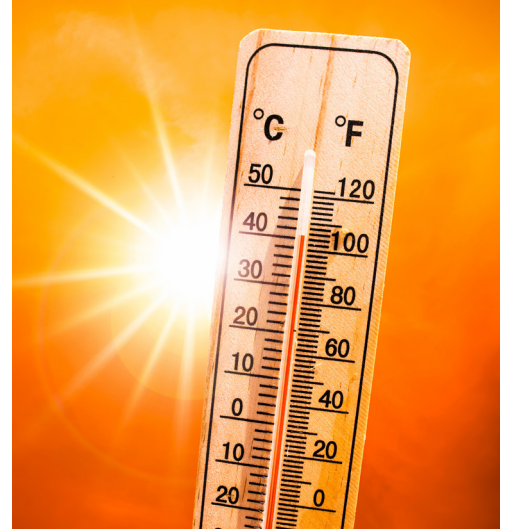


RISK REMINDER

August 2021

Heat Stress

Hot weather is here! According to the Occupational Safety and Health Administration (OSHA), hot weather related illnesses cause more fatalities than any other weather-related source. Heat waves rarely are given adequate attention but in fact, they claim more lives each year than floods, hurricanes, and tornadoes combined. Heat waves are a silent killer. Heatstroke also affects both genders equally. However, because many men were exposed to heat in the workforce, the annual death rate is 2 times higher in men than in women.



- **HEAT CRAMPS** are a warning sign the body has lost too much salt through sweating. The cramps affect working muscles, such as legs, arms, and abdomen. Heat cramps may also occur when a person is resting.
- **HEAT EXHAUSTION** is a warning that the body's heat control mechanism has become overworked. Symptoms are exhaustion, dizziness and/or nausea, pale and clammy skin, rapid-pulse and low blood pressure. Heat exhaustion may lead to heat stroke if symptoms are ignored.
- **HEAT STROKE** can be fatal. This happens when the heat loss mechanism of the body just shuts down. The person stops sweating and the body temperature goes up. The heart pounds, and the skin is hot and red. A person suffering from heat stroke needs immediate emergency medical attention.
- **Drink water early and often. The body loses water through perspiration, and you need to replace it frequently.**
- Experts recommend that you avoid using **alcoholic beverages, coffee, tea or other beverages with caffeine as a fluid replacement.** These types of drinks cause you to lose even more water and salt. ***The best defense is to drink plain water early and often.***
- When possible, take approved / frequent rest breaks. Immediately move to a cooler area if you feel dizzy or become nauseated.
- Dress in light colors. Choose fabrics that let moisture and heat escape.
- **REMEMBER!! IF YOU SUSPECT HEAT STROKE DUE TO BRIGHT RED, HOT SKIN AND NO SWEAT, CALL FOR EMERGENCY MEDICAL HELP.**

Questions - True or False:

1. You should drink plenty of water throughout the day, even if you aren't thirsty? ____
2. If you suspect heat stroke or any heat related illnesses call 911 immediately? ____

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