



SAFETY ALERT

cool TIPS FOR THE HOT DAYS AHEAD

Here are some safety tips to help you keep your employees safe while they are out working in the hot weather:

- Provide heat stress awareness training to employees and supervisors
- Allow employees to take a break, drink water and rest for a few minutes in a shady spot
- Allow them to build up their heat tolerance, which usually takes one- two weeks
- Encourage them to drink a glass of water every 15- 30 minutes, to replace lost body fluid
- Provide coolers of ice water, or drinks such as Gatorade
- Encourage the use of hats, sun screen and sun glasses
- Adapt the job, and the pace to the weather
- A 10- 15 minute break every 2 hours is a good rule of thumb when working in very hot conditions
- Be aware of any health conditions affected by the heat

If an employee shows signs of **heat exhaustion**, move them to a cool place immediately. Have them lie down, and loosen clothing. Apply cool compresses to face, and skin, and fan the body. Let them drink water slowly. Elevate their feet. Call for medical assistance, if they do not respond to these measures.

Signs of heat exhaustion are:

- **Heavy sweating**
- **Paleness**
- **Muscle cramps**
- **Dizziness**
- **Headache**
- **Nausea/ vomiting**

If heat stroke occurs, call 911 immediately for medical assistance, and move the person to a cool spot. Lie the person down. Soak their clothing with cool water to lower the body temperature. Fan the body, while waiting for help. Elevate the head and shoulders slightly. Do not give an unconscious person anything to drink.

Signs of heat stroke are:

- **An extremely high body temperature- above 103***
- **Red, hot and dry skin, no perspiration**
- **Rapid, strong pulse**
- **Confusion**
- **Throbbing headache**
- **Unconsciousness**

For useful information about Heat Illness, Prevention and Emergency Measures go to:
<http://www.osha.gov/SLTC/heatillness/index.html>