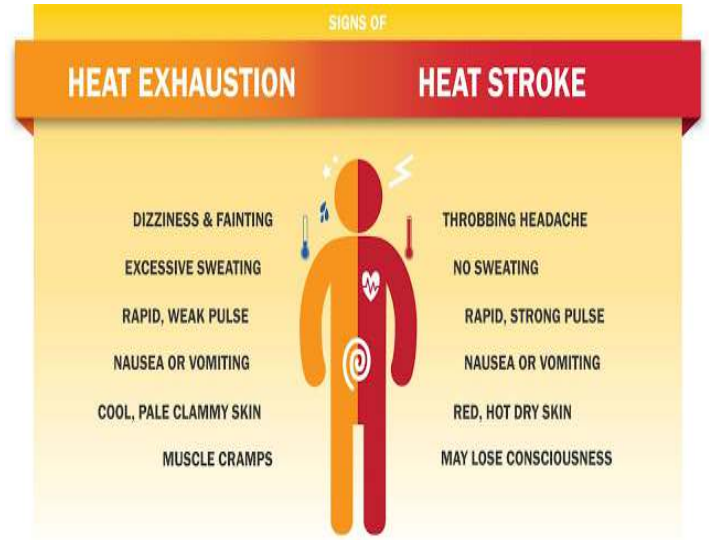


# Safety Blast – Heat Stress Heat Safety

## Top 10 Warning Signs of Heat Stroke

1. Extremely high body temperature
2. Hot, dry, skin – an inability to cool the body through perspiration may cause the skin to feel dry.
3. Increased heart and respiration rates as blood pressure drops and the heart attempts to maintain adequate circulation.
4. Throbbing headache, nausea or vomiting due to dehydration.
5. Weakness, fainting, or dizziness – especially if standing position is assumed quickly – due to low blood pressure from dehydration.
6. Muscle cramps
7. Dark-colored urine – a sign of dehydration
8. Confused, hostile, or seemingly intoxicated behavior.
9. Pale or bluish skin color in advanced cases due to constricted blood vessels
10. Seizures or unconsciousness



## What to do if You Suspect Heat Exhaustion or Stroke!!

- Get medical aid.
- Move to air-conditioned environment or at least a cool, shaded area.
- Loosen or remove unnecessary clothing.
- Drink plenty of cool water.
- Fan and spray with cool water.

## Ways to Protect Against Heat Stress

- Stay fit.
- When possible, avoid working in hot areas and in full sun.
- Take frequent breaks.
- Use sunblock with at least SPF 15 and re-apply every two hours.
- Cover up with long-sleeve shirt, hat.
- Increase fluid intake.
- Avoid alcohol and excessive caffeine.
- Reduce activity when exposed to heat.
- Use buddy system to watch for symptoms.
- Increase salt intake. (if doctor approves)



## Discussion Points:

- Are you familiar with the signs of heat Stroke?
- What are the differences between heat stress & Stroke?
- How can you prevent heat stress?