

# Safety Moment

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MAY 2017



## Heat Management

With summertime temperature right around the corner, please take a moment to get prepared for the heat. Here are ways to manage high temperatures to ensure that you keep safe and avoid heat illnesses.

### Prevention

- **Pre-hydrate.** Before activity starts, drink up to 16 ounces of fluid. Then drink 8 ounces every 20 minutes during the activity.
- **Acclimate to the heat slowly,** over 5 to 7 days of exposure.
- **Wear your PPE no matter what the temperature.** It can't protect you if it's not on you. If it's uncomfortable, take frequent breaks.
- **Learn to recognize the symptoms of heat stress.** Pace the work, taking adequate rest periods (in shade or cooler environment).
- **Establish a schedule** for work and rest periods during hot days.
- **Use a buddy system** and monitor those at high risk:
  - People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
  - People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
  - People who overexert during work may become dehydrated and susceptible to heat sickness.
  - People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications may be affected by extreme heat.



### 4 Types of Heat Illness

1. Heatstroke - a life-threatening illness in which body temperature may rise above 106° F in minutes; symptoms include dry skin, rapid, strong pulse and dizziness.
2. Heat exhaustion - an illness that can precede heatstroke; symptoms include heavy sweating, rapid breathing and a fast, weak pulse.
3. Heat cramps - muscle pains or spasms that happen during heavy exercise.
4. Heat rash - skin irritation from excessive sweating.

If heat stress symptoms occur, take the following steps:

- Stop physical activity and relax in a cool place.
- Drink plenty of fluids rich in salts and electrolytes to replace moisture loss through sweating.
- Use cool compresses to decrease temperature.
- In the event of suspected heatstroke, call 911.

