SMART DRIVER®

August 2018

Heat-Related Illness

A heat-related illness, such as heat exhaustion, heat cramps, or sun stroke, occurs when the body cannot cool itself sufficiently and blood rushes to the skin's surface. When less blood reaches your muscles, organs, and brain, it can lead to physical and mental health problems, or even death. Read the information below, and ask yourself if there are actions you can take to protect yourself.

Recognize the Hazards

Environment

Exposure to hot temperatures can cause heat-related exhaustion, cramps, and sun stroke. Working outside, exercising, and even sitting on a beach in hot conditions can cause heat-related illness.

Equipment

Malfunctioning A/C units, wearing personal protective equipment, and operating equipment in hot conditions can lead to overheating and heat-related illness.

Personal behaviors

Obesity, alcohol consumption, and failing to drink enough water can lead to heat-related illnesses. Signs of dehydration include fatigue, cramps, thirst, dizziness, nausea, headaches, vomiting, dry lips and mouth, and feeling overheated.

Know the Defense

Stay Hydrated

The Mayo Clinic recommends drinking eight 8-ounce glasses of water each day. Eating fruits and vegetables can also provide additional hydration. If you exercise or exert yourself at work, be sure to replenish those fluids in addition to consuming the recommended amount of water.

Utilize Personal Protective Equipment

If you are working outside and are exposed to hot temperatures, wear sunscreen with a high sun protection factor (SPF). This can help protect against cancer-causing ultraviolet A and B rays. Also, wear a hat to protect your head and provide shade. If a portable fan is available, use it to cool yourself.

Be Attentive to Surroundings

Monitor weather forecasts for hot temperatures and heed air quality warnings. Plan ahead and pack sunscreen, protective clothing, and extra water. If available, take regular breaks in a shady area to lower your body temperature.

Obey Hazard Warning Signs

If the heat index is too high, plan accordingly and limit your exposure to hot conditions. Stay inside where it is cool and avoid prolonged activities that can lead to excessive sweating. For drivers, let the truck cool down before driving.

Note: These lists are not intended to be all-inclusive.

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Knowledge Verification

Driver's Name: _____ Emp/Unit #: _____

Please answer, and forward a completed copy to your Safety Department/Safety Representative.

1. Heat cramps are a sign of heat-related illness. ☐ True ☐ False
2. Alcohol does not contribute to heat-related illness. ☐ True ☐ False
3. Excessive sun can cause camcer. ☐ True ☐ False

Answers:
1. True
2. False
3. True

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