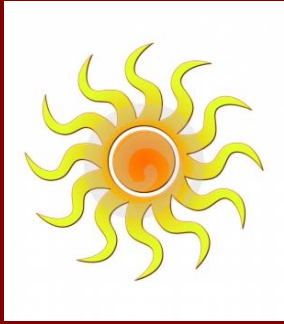


# Heat Stress – Safety Talk

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THE UNIVERSITY OF  
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Thousands of workers become sick every year from overexposure to heat. Some workers have even died from heat-related illnesses

To protect yourself and your coworkers, it is important that you can recognize the symptoms of heat-related illnesses.

## RISK FACTORS FOR HEAT-RELATED ILLNESSES

### Environmental Factors:

- Hot temperature
- High humidity
- Sunlight
- Air movement

### Personal Factors:

- Low liquid intake
- Physical labor
- Clothing
- Conditioning, acclimation
- Pre-existing personal conditions



## HOW TO CONTROL RISK FACTORS

- Air conditioning
- Fans and blowers for air movement
- Work/rest regimens
- Providing cool break areas and fluids
- Training on symptoms of heat-related illnesses

## HEAT-RELATED ILLNESSES

There are four major types of heat-related illnesses:

- Heat Cramps
- Heat Rash
- Heat Exhaustion
- Heat Stroke

**It is important to recognize the difference between the symptoms of Heat Exhaustion and Heat Stroke.**

### Heat Exhaustion

- Headaches, dizziness, or fainting
- Extreme sweating, wet skin
- Irritability, confusion
- Nausea or vomiting

### Heat Stroke

- Hot, dry, clammy skin
- Elevated body temperature
- Unconsciousness
- Seizures
- **Heat stress is a medical emergency! Call 123 or 2-8181 if you witness anyone suffering these symptoms!**

## HOW TO PROTECT YOURSELF FROM HEAT-RELATED ILLNESSES:

1. Drink fluids regularly and frequently.
2. Avoid drinking caffeine or other diuretics.
3. Wear natural-fiber fabrics, such as cotton.
4. Avoid wearing synthetic fabrics such as nylon.
5. When working outdoors: cover skin with loose-fitting, light-colored clothes.
6. Avoid wearing hats when working indoors.
7. Take regular rest breaks in a shaded or cool area.

## HEAT-RELATED ILLNESSES ARE PREVENTABLE

*Do not over stress your body in hot environments*

*Listen to your body and stop working if you feel any symptoms of heat-related illnesses*