

## COMMITMENT

To Safety

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### “ HEAT STRESS PREVENTION ”

The US Centers for Disease Control urges employers and employees take the following steps to **AVOID HEAT-RELATED ILLNESSES:**

- ✓ Drink more (non-alcoholic) FLUIDS regardless of your activity level
- ✓ Don't wait until you're thirsty to drink
- ✓ Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar which actually cause you to lose more body fluid
- ✓ Avoid very cold drinks which can cause stomach cramps
- ✓ STAY INDOORS and in an air-conditioned place if possible
- ✓ Electric fans may provide comfort but will not prevent heat-related illness
- ✓ Take a cool shower or bath

#### If you **WORK OUTDOORS IN THE HEAT**

- ✓ Conclude outdoor work before noon when possible
- ✓ Cut down on exercise – if you must exercise drink 2-4 glasses of cool, non alcoholic fluids each hours
- ✓ Try to REST OFTEN in SHADY areas
- ✓ Protect yourself from the sun – wear a wide brimmed hat, sunglasses, SPF15 or higher sunscreen
- ✓ Wear lightweight, light colored, loose fitting clothing

#### **BE AWARE OF HEAT EXHAUSTION / HEAT STROKE:**

- ✓ Heavy Sweating, Paleness
- ✓ Muscle Cramps
- ✓ Tiredness or weakness, dizziness or headache
- ✓ “Sick Stomach” feeling or vomiting and faintness

#### **EMERGENCY MEASURES:**

- If the person has heart problems or high blood pressure seek emergency help
- Cool the person off – drink cool (non-alcoholic) beverages
- REST
- Cool sponge bath or cool shower and change into lightweight clothing

Source: Safety Online / Center for Disease Control