

SAFETY TIP OF THE WEEK

ZERO HARM

Safety Talk - Heat Stress - continued

Heat exhaustion is caused by the loss of large amounts of fluid by sweating, sometimes with excessive loss of salt. Heat exhaustion includes several symptoms that may resemble the early symptoms of heat stroke. Symptoms may include; Clammy, moist skin Pale or flushed complexion Weakness or fatigue, Giddiness, Nausea and Headache. In more serious cases, the victim may vomit or lose consciousness. Treatment involves having the victim rest in a cool place and drink plenty of liquids. Victims with mild cases of heat exhaustion usually recover quickly with this treatment. Severe cases of heat exhaustion may require extended care for several days. If the victim does not feel better in a few minutes call for emergency help - heat exhaustion may lead to heat stroke.

Heat Stroke is a life threatening condition. It occurs when the body's temperature regulatory system fails and sweating becomes inadequate. Symptoms include - skin that is hot, usually dry - red or spotted - very high body temperature - mental confusion – convulsions - unconsciousness Any person with signs or symptoms of heat stroke requires immediate hospitalization. Immediate First aid includes removing the victim to a cool area, thoroughly soaking the clothing with water, and vigorously fanning the body to increase cooling. Actions you should take for heat stroke Move victim to a cooler area - don't leave them alone Lie victim on back or on their side if vomiting Evaluate the physical condition of the victim Remove outer clothing & loosen other clothing Cool the victim by any means available such as by fanning or with water or ice Call for emergency medical assistance immediately - heat stroke is a life threatening emergency. Unless the victim receives quick and appropriate treatment, death can occur. Early recognition and treatment of heat stroke are the only means of preventing permanent brain damage or death

What you can do to prevent heat related problems...

- Wear loose fitting, light weight & light color clothes
- Use fans or blowers to provide air flow
- Keep drinking fluids available - drink small cups of liquid every 15 to 20 minutes
- Take breaks in cool or shady areas
- Don't drink alcohol or caffeine beverages - alcohol and caffeine affect the body's ability to regulate temperature.
- Avoid heavy meals before working in hot environments - digestion of food takes blood away from other parts of the body

By remembering the causes, signs and symptoms of heat related illnesses you can prevent serious health problems in you and others.

And remember... a person who is suffering from heat related illnesses may not be aware until it is too late.