

WARNING SIGNS OF HEAT EXHAUSTION & HEAT STROKE

OUR LOSS CONTROL APPROACH



HEAT EXHAUSTION

Signs

- Sweating Profusely
- Pale, Clammy Skin
- Normal Body Temperature (up to 104° F)

Symptoms

- Giddy and Nervous
- May Vomit or Faint
- Possible Abdomen or Limb Cramping

Response

- Have Employee Lie Down in Cool Place
- Sip Cool Water
- Loosen Clothing
- Massage Cramps
- Call a Doctor (** If vomiting seek medical attention immediately)

HEAT STROKE

Signs

- Flushed, Dry Skin (No Sweating)
- Rapid Heartbeat
- Loud, Rapid Breathing
- High Body Temperature (104° F or higher)

Symptoms

- Dizziness, Headache
- Confusion, Convulsions
- Delirium or Unconsciousness

Response

- Call 911
- Douse Employee with Water or Place in Tub of Luke Warm Water (bring temperature down slowly)
- Massage Employee's Hands and Feet toward the Heart to Stimulate Circulation (repeat process if there is a rise in temperature)

PREVENTION

- If you are not used to working in the heat, start out slowly (acclimation takes up to 2 weeks or more)
- Drink plenty of water. At least 8ozs every 20-30 minutes
- Avoid alcohol, caffeine and carbonated drinks
- Eliminate or reduce heavy, high-fat foods from your diet
- Get plenty of rest
- Wear loose fitting, light colored clothing and a hat applicable to the jobsite or job requirements
- Pay attention to the warning signs listed above
- Take a break if you are not feeling well
- Watch for warning signs in your co-workers