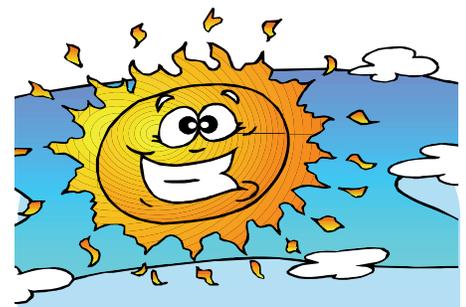


HEAT ILLNESS PREVENTION Guidelines for Employees



Things you should know about working in the heat.....

If you are coming back to work from an illness or an extended break or you are just starting a job working in the heat, it is important to be aware that you are more vulnerable to heat stress until your body has time to adjust. Let your employer know you are not use to the heat. It takes about 5-7 days for your body to adjust

Drinking plenty of water frequently is vital to workers exposed to the heat. An individual may produce as much as 2-3 gallons of sweat per day. In order to replenish that fluid, the worker should drink 3 to 4 cups of water every hour starting at the beginning of their shift.

Taking your breaks in a cool shaded area and allowing time for recovery from the heat during the day are effective ways to avoid heat illness.

Avoid or limit the use of alcohol and caffeine during periods of extreme heat; both dehydrate the body.

If you or a co-worker start to feel symptoms such as nausea, dizziness, weakness or unusual fatigue, let your supervisor know and rest in a cool shaded area. If symptoms persist or worsen, seek medical attention.

Whenever possible, wear clothing that provides protection from the sun but allows airflow to the body.

Protect your head and shade your eyes if working outdoors.

When working in the heat, be sure to pay extra attention to your co-workers and be sure you know how to call for medical attention.

When utilizing Emergency Services call 9-1-1, at some sites you must dial 9-9-1-1, and be prepared to provide clear directions to the location of the injured worker.

Cal-OSHA Heat Advisory:

When employees work in hot conditions, employers must take special precautions in order to prevent heat illness. Heat illness can progress to heat stroke and be fatal, especially when emergency treatment is delayed. An effective approach to heat illness is vital to protecting the lives of California Workers.

Information provided by Cal/OSHA. For more information, visit the Cal/OSHA website at www.dir.ca.gov

WHAT TO LOOK FOR: HEAT EXHAUSTION AND HEAT-STROKE

Causes:

Occurs when the body no longer can dissipate heat adequately

Dehydration

Over exercise

Extreme environmental conditions

HEAT EXHAUSTION

Symptoms

Weak/exhausted

Paleness cool/moist skin

Dizziness

Nausea

Vomiting

Fainting

Temperature (100 to 102° F)

Treatment

Rest

Water/Gatorade at 50%

Ice packs

Cool environment

Vomiting indicates sever exhaustion and IV fluids are required. Call 9-1-1 if the person vomits.

HEATSTROKE

Symptoms

Warm

Flushed skin

Do not sweat even after brisk exercise

Temperature (103 °F and up)

Delirious, unconscious, or having seizures

Treatment

Call 9-1-1

Do anything you can to reduce the temperature - Ice packs, water buckets

Report all heat related injury and illness to your Supervisor and complete an Injury/Illness Report Form. Seek immediate medical attention

