

# Safety Alert

## Who Turned Up the Temperature!

Heat Stress Disorders are serious. Workers who have ignored the symptoms have lost their lives. Humans have an ingenious system for regulating body temperature- a personal, natural air conditioner. We sweat, it evaporates through our skin, and we're cooled off. But this personal air conditioner can fail, and often does if we overexert when environmental temperatures are high. To help you recognize Heat Stress Disorders, the following are the symptoms.

### Symptoms of Heat Stress Disorders:

**Heat Cramps**- Symptoms are painful spasms of the muscles. Heat cramps are caused when workers consume large quantities of water but fail to take enough salt to replace the salt their body lost through sweating. Tired muscles are most susceptible to cramping.

**Heat Exhaustion**- Symptoms are moist, clammy, pale skin; profuse sweating, extreme weakness or fatigue, dry mouth dizziness fast pulse, rapid breathing, muscle cramps and nausea.

**Heat / Sun Stroke**- Symptoms are a very high body temperature (104 degrees F or higher), lack of sweat, mental confusion, deep breathing and rapid pulse, hot, dry, red or mottled skin, and dilated pupils. Seek medical help at once for this condition.

### Tips for Heat Stress Prevention:

**Acclimation**: Adjust yourself to the heat through short exposure periods followed by longer exposures until your body is accustomed to the heat. It may take 5-7 days of hot weather exposure before the body undergoes changes that make heat more bearable. This is especially important for new employees or offshore employees who have been off of work who may not be acclimated to the heat. It will be important to closely monitor these employees for the first week until they become acclimated to the heat.

**Drink lots of Water**- Replenish the fluid that your body is losing through sweating. Not only water, but also critical electrolyte such as sodium, potassium and calcium are lost through sweating, so consider using electrolyte drinks to combat heat related disorders.

**Education**- Know the signs and symptoms of heat stress disorders and act quickly.

**Shade** – Take breaks in a shaded area and when possible plan work so that employees are working in the shade during the hottest parts of the day.

**Use Your Head**- Do not ignore possible symptoms of heat stress disorders. If you feel very hot, dizzy, nauseous or if your muscles cramp, stop and cool off!!

***Be Cool. Know what you have to do to Beat the Heat!***

*Everyone Arrives Home Safely*