



SAFETY MONDAY

Special Edition: Stand Down Week

As the hot months of the approach, all employees need to know the symptoms of heat exhaustion and heat stroke, and especially the those that are exposed to heat extremes on a daily basis. Remember to stay hydrated by getting the proper amount of fluids and to have the proper amount of rest and shade while working. According to the National Weather Service estimates that heat kills approximately 130 people per year, many of which were working at the time.

Contact the Centers for Disease Control and Prevention (CDC) or OSHA for other information on heat stress.

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

- High body temperature (above 103°F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do:

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.