



SAFETY TALK



Heat Stress



The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken such as drinking water frequently and resting in the shade or air conditioning. Heat illnesses range from heat rash and heat cramps to more severe heat exhaustion and heat stroke.

Heat Cramps and Rashes:

- Heat cramps and rashes are the least serious of the heat related illness and the first sign that you need to cool down.
- Heat cramps are the intermittent, involuntary spasm of muscles that occur in an individual who is physically active (for example, working or exercising) in hot or humid weather.
- Heat rash occurs when sweat glands are blocked and become inflamed.
- To prevent heat rash and cramps drink plenty of fluids, take frequent cool down breaks, and wear light loose-fitting clothing



Heat Exhaustion:

- Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it is often accompanied by dehydration.
- Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke.
- Signs of heat exhaustion include: heavy sweating, extreme weakness and fatigue, dizziness, confusion, nausea, pale or flushed complexion, and cramps.
- Treat suffering workers by having them rest in a cool (preferably air conditioned) area, and provide fluids until the symptoms resolve.



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Heat Stroke:

- Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.
- Symptoms include: hot/**DRY** skin (no sweat), hallucinations, chills, slurred speech, confusion, and dizziness.
- Employees suffering from heat stroke **must** get immediate medical attention: call 911 or Security at 5911.
- Cool the worker by any means possible until medical help arrives. Cooling techniques include soaking the worker with cool water, fanning, showering, etc.

HEAT EXHAUSTION

1. MOIST & CLAMMY SKIN
2. PUPILS DILATED
3. NORMAL OR SUBNORMAL TEMPERATURE



HEAT STROKE

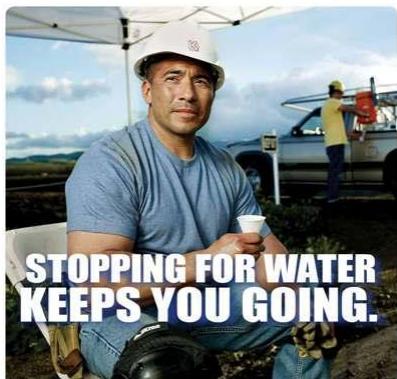
1. DRY HOT SKIN
2. PUPILS CONSTRICTED
3. VERY HIGH BODY TEMPERATURE

Drink water often

Rest in the shade

Report heat symptoms early

Know what to do in an emergency



By the numbers:

15 Min frequency of water breaks

97% of heat related injuries occur between June and August

105.1 °F body temperature required to be classified as heat stroke



**WATER.
REST.
SHADE.**

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Heat Stress

Review / Discussion Questions:

1. All heat stress injuries can be prevented. What are some strategies we could use at Colby?
2. What are some symptoms of heat stroke?
3. How often should you take water breaks in extremely hot weather? Do you think caffeinated beverages are recommended? Why?
4. Is it possible that PPE could increase the risk of heat stress? Can you think of any examples?

Printed Name

Signature

Questions, concerns or comments contact the EHS Director at extension 5504.