

New England Laborers'

Health & Safety Fund spotlight

Heat Stress

THE HEAT EQUATION...

High Temperature + High Humidity + Physical Work = Heat Illness

When the body is unable to cool itself through sweating, **serious** heat-induced illnesses may occur. The most severe heat-induced illnesses are **heat exhaustion** and **heat stroke**. If actions are not taken to treat heat exhaustion, the illness could progress to heat stroke and possibly **death**.



Symptoms of Heat Stroke

Dry, pale skin (no sweating), hot, red skin (resembles a **sunburn**), mood changes (irritable, confused), seizures/fits, and collapsed/passed out.

What to Do

- Call for emergency help and relocate victim to a cool, shaded area.
- Do not leave the person alone.
- Lay victim on his back or if sick to his stomach lay him on his side.
- Remove any heavy and outer clothing.
- Have the person drink a small cup of cool water every **fifteen** minutes unless victim is feeling sick to his stomach.
- Try to cool the person by fanning and cool the skin with a wet cloth. Place **ice** packs under the armpits and groin area.



How to Protect Workers

- Learn the signs, symptoms, and treatments of heat-induced illnesses.
- Train the workforce about heat-induced illnesses.
- Perform the heaviest work during the **coolest** part of the day.
- Slowly build up tolerance to the heat and work activity (usually takes up to 2 weeks).

Symptoms of Heat Exhaustion

Headaches, light headedness, weakness, mood changes (irritable or confused), feeling nauseous, vomiting, decreased and dark urine, fainting, and pale clammy skin.

What to Do

- Relocate to a cool shaded area.
- If dizzy, lay victim on his back. If sick to his stomach, lay him on his side.
- Do not leave person alone.
- Remove any heavy outer clothing.
- Give a small cup of cool water every fifteen minutes unless victim is feeling sick to his stomach.
- Try to cool the person by fanning and cool the skin with a wet cloth.
- If the person does not feel better in a few minutes call for emergency help. (If heat exhaustion is not treated, the illness may advance to heat stroke.)

- Use the **buddy** system (work in pairs).
- Drink plenty of cool water (one small cup every fifteen minutes).
- Wear light, loose-fitting, breathable (i.e. **cotton**) clothing.
- Take frequent short breaks in cool shaded areas.
- Avoid alcohol, and large meals before working in hot environments.

**The information in this publication should not be used as a substitute for professional advice or services.*

Just for the Health of it.

Did You Know???

Workers Are at Increased Risk When:

- They take certain medication (check with your doctor).
- They have had a heat-induced illness in the past.
- They wear personal protective equipment (like respirators or suits).



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Spotlight Challenge

Health

Safety



Quote of the Week

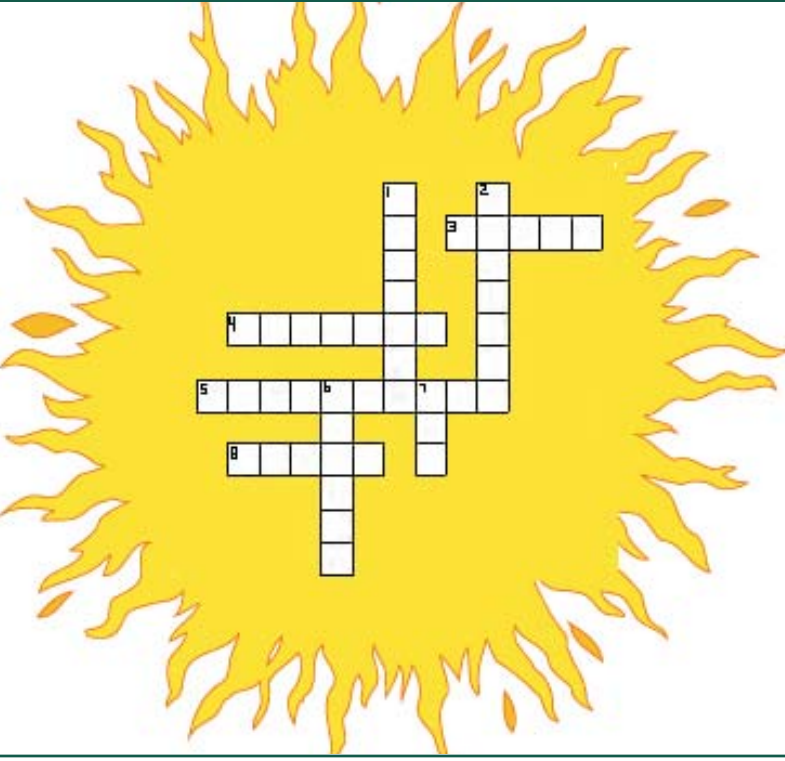
No man needs sympathy because he has to work. . . . Far and away the best prize that life offers is the chance to work hard at work worth doing.
 -Theodore Roosevelt

Word of the Week

Alfalfa- The plant is indigenous to the Mediterranean region and has been widely cultivated elsewhere for centuries. Alfalfa contents act on the cardiovascular, nervous, and digestive systems. Alfalfa has also isolated use as a diuretic. No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages. **Always consult your physician before taking any medication.**

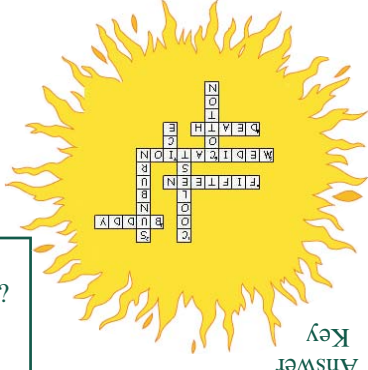
DOWN

1. To protect workers, do the heaviest work during this part of the day.
2. Symptoms of heat stroke include hot, red skin that resembles this.
6. This is an example of clothing fabric that should be worn to avoid heat illness.
7. This is what is placed under the armpits to treat heat stroke.



ACROSS

3. This is the type of system you should use that involves working in pairs.
4. To treat heat illnesses you should drink small amounts of cool water at intervals of how many minutes?
5. Workers who take certain types of this can be at increased risk for heat illness.
8. This is the worst possible outcome of heat stroke.



Answer Key