

SPECIAL POINTS
OF INTEREST:

- Providing Training
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- Provide Regular Breaks in Shade
- Highlights
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- Recognize Heat Exhaustion

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Hats ON for Safety

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Watch the Heat



Approaching summer brings warmer weather and the threat of heat illness for employees who work outdoors. These workers are most commonly affected. However, anyone spending much time outdoors can suffer the ill effects of heat.

Employees at risk of heat illness should be provided adequate water, a shaded area to recover from the heat, and training. Following these tips can help protect your workers from heat illness.



Provide Training

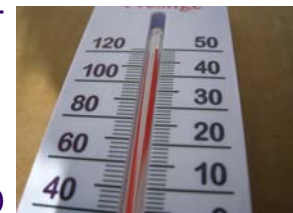
Employees and supervisors should understand the risk factors, recognize the symptoms of heat stress, and know the appropriate treatments. They should also know when to summon medical assistance, and how to do so.

Monitor the Weather:

Checking the weather conditions allows you to better schedule work for the day. Temperature and humidity are important factors, along with exposure to direct sunlight. A cloudy, windy day at 80

degrees feels cooler than a calm, sunny day at the same temperature.

Allow for acclimatization: Give workers time to gradually become used to working in the heat. This may require several days of gradually increasing work hours or work loads.



Provide water and encourage drinking

Workers need more water during high-risk days and during strenuous work. Offer plenty of water, and replenish the supply before you

run out so employees don't feel they have to ration their water supply

Provide regular breaks in the shade Taking regular breaks allows



the body to cool down. If the worksite does not have shade available, bring a sun shelter or other means of providing shade. Remember, some structures, such as metal sheds, can actually be warmer inside than out.

Highlights

- Elderly people (65 and older) infants, children and people with chronic medical conditions are more prone to heat stress
- Air-conditioning is the number one protective factor against heat-related illness and death. During conditions of extreme heat, spend time in locations with air-conditioning such a shopping mall or library.
- Get informed. Listen to local news and weather channels or contact your local public health department during extreme heat conditions for updates.
- Drink cool, non-alcoholic beverages and increase your fluid intake.

Recognizing Heat Exhaustion

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea
- Fainting

What to do

- Cool non-alcoholic beverages
- Rest
- Air Conditioned environment
- Cool shower

Some information for this newsletter was taken from CDC, Extreme Heat: a Prevention Guide; J.J. Keller

Watch employees

Watch employees and encourage them to watch each other. Workers in the early stages of heat stress may not recognize the symptoms themselves, or may be afraid of appearing weak by requesting a break. Keep an eye out, and make sure employees feel comfortable asking for a break.

Monitor Those at High Risk

Other than infants, children and those over 65 are at high risk,

- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated.

• People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation may be affected by extreme heat.

Minimize your risk of heat exhaustion:

- Hydrate well before and during exercise and replace lost electrolytes such as sodium, potassium and magnesium with food or sports drinks.
- Avoid exercising during the hottest time of the day. Train closer to sunrise or sunset
- Wear light, loose clothing, so sweat can evaporate
- Use sunscreen to pre-

vent sunburn which can limit the skin's ability to cool itself.



- Wear a hat with a brim
- If you feel your abilities start to diminish, stop activity and seek out a cool shaded place.
- **Remember, it is easier to prevent heat illness than to treat it once symptoms develop.**

