

**SPECIAL POINTS
OF INTEREST:**

- **What's Hot?**
- **Beat the Heat**
- **Protect Yourself**
- **What TO Do**
- **What NOTto Do**
- **Heat Related
Illnesses**

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Hats ON for Safety

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Whew! Is it Hot!?!

It's May and summer is on the way. Remember how hot it was last year? We can't change the heat, but we can take precautions and try to make it easier on ourselves and employees.

What's Hot?

The line on the thermometer is not the only way to define heat. There is now a Heat Index, which combines heat and humidity to create a sort of 'misery index.' The temperature may be 100 degrees, but combined with humidity (which inhibits sweat from evaporating off the skin



and cooling the body), the Heat Index may climb into the danger zone of 105 or higher. By danger zone, they mean: danger of vomiting in public, collapsing or even dying.

Beat the Heat

- ▶ Implement engineering controls. Add ventilation and airconditioning systems at your workplace.
- ▶ Adopt safe work practices like scheduling physically demanding jobs during the coolest parts of the day and allow for frequent breaks.
- ▶ Educate workers about and sensitize them to the

risks of heat-related illnesses.

▶ Promote awareness. Warn workers who perform "hot jobs" of the dangers of heat related illnesses. Stress these can be life threatening. Everyone needs to recognize the signs and symptoms of such illnesses to save their own lives and the lives of others. (See Reverse Side)

▶ Stress what workers should do to protect themselves—wear loose clothing made of cotton and other cooler fabrics. Drink plenty of water.



Protect Yourself

Recognize the symptoms of heat stress and how to treat them.

• Try to do the most physically demanding jobs during the coolest part of the day.

• Drink about 2 glasses of water before starting work and one glass every 20 minutes while working.

• Wear loose clothes made of cotton or other fabrics that let air pass through.

• Take frequent breaks in a

cool spot.

• Understand you're at greater risk if you are overweight, out of shape, over 40, have pre-existing medical conditions, use medication that blocks sweating, abuse drugs or alcohol.

What TO Do

- Drink lots of fluids.
- Avoid caffeine, alcohol, sugared sodas.
- Stay indoors if possible.
- Buy a fan to move air, even if it's air-conditioned.
- Wear light colored, loose fitting clothes and a wide brimmed hat.
- Cut down on exercise.
- Stay in shade, Move slowly.
- Wet a paper towel or hankie and drape it on your face when you come inside. Other "hot spots" to place a cool compress include back of your neck, underarms and groin area.
- Let outside workers take more frequent breaks.

What NOT to Do

- ▶ Drink ice-cold drinks, they can cause stomach cramping.
- ▶ Leave any people or animals in a closed car.
- ▶ Take salt tablets unless the doctor says so.
- ▶ Assume you are immune to heat outside just because you work in a hot environment. The damage can accumulate through the day.
- ▶ Fanatically insist on your usual jogging or exercise routine, thinking the danger is not real.
- ▶ Skimp on water. If you are outside a lot in even 90 degrees, you can lose a half gallon of water in 10 minutes.

What are *YOU* worried about? Help us out by letting us know about safety topics that could help keep your workplace safe!

Heat Related Illnesses

Heat Cramps

- Muscular pain, excessive sweating.

What to do

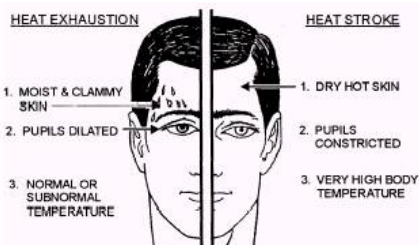
- Get to a cool place
- Drink cool drinks
- Rest

Heat Exhaustion

- Heavy sweating
- Dizziness, fainting
- Pale, cool clammy skin
- Headache, nausea
- Muscle cramps,
- Rapid pulse, shallow breathing

What to do

- Get medical help



- Cool victim with sponge or spray, cover with cold, wet cloth, place ice packs under armpits, groin and fan.

- Move to a cool area
- Loosen outer clothing
- Have the person lie down

- Give cool drinks with salt sprinkled in and salty foods.

Heat Stroke

This is very serious and can

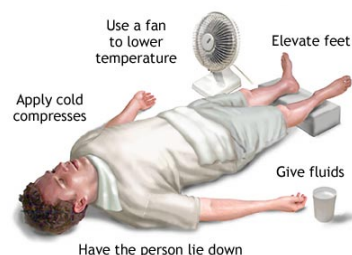
cause permanent brain damage or death.

- Extremely high body temperature
- Red, hot, dry skin
- Rapid, pounding pulse

- Throbbing headache
- Nausea, confusion, fainting
- Possible shock and cardiac arrest

What to do

- Call 911 immediately
- Get victim to shady area or inside
- Get the person cool immediately—spray with hose, wrap in cool, wet sheet, fan them
- If vomiting occurs, turn the person on the side.



Some information in this newsletter was taken from WebMD.aol.com, safetyxchange.org