

IS SAFETY ONE OF YOUR PRODUCTS?

Protect Yourself from Heat Stress

The goal is to keep our workplace safe by promoting safety awareness. More people in the United States die from heat illness than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Awareness is the key to staying safe during periods of extreme heat.

Factors Leading to Heat Stress

- High temperature, humidity, direct sun or heat
- Extra layers or thickness of clothing
- Limited air movement
- Physical exertion or poor physical condition

Symptoms

- Dizziness, feeling faint
- Cramps
- Headache or nausea
- Chills

Prevention

- Take frequent breaks in a shaded or cool area.
- Know your fitness condition.
- Drink water.
- Wear light-colored, loose-fitting clothing.
- Exercise regularly outside of work.

What To Do If Symptoms Occur

- Move to a cool, shaded area.
- Provide cool drinking water.
- Loosen or remove heavy clothing.
- Use a fan or mist.

DIAL 911 if symptoms continue or loss of consciousness occurs.

Quiz

1. What causes the most fatalities in the U.S.?
 - a. Earthquakes
 - b. Heat illness
 - c. Floods
2. If someone is dizzy and lightheaded as a result of heat exposure, what should you do?
 - a. Move them to a cool, shaded area.
 - b. Ask them to jog around the parking lot.
 - c. Send them to sit in their car.

