

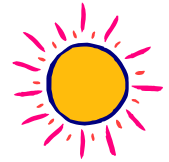


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SIP TIP: DOG DAYS OF SUMMER

The dog days of summer are upon us and that means workers will be exposed to hot, humid conditions. High humidity and hot weather can spell disaster. When humidity is high and the body is unable to cool itself through sweating, serious heat stress may occur. The physical demands of your job expose you to these conditions and elevate your risk to heat stress. This stress can affect your strength, alertness, and reduce mental capacity. If left unchecked it can lead to the following:



LEARN TO RECOGNIZE THE SYMPTOMS

HEAT CRAMPS

What Happens to the Body: Muscle cramps that may occur as a result of physical activity during hot weather. Cramping usually results from a reduction in body fluids caused by heavy sweating.

Treatment for heat cramps consists of removing the worker from the hot environment and slowly replacing lost fluids and electrolytes.



HEAT EXHAUSTION

What Happens to the Body: Characterized by pale and clammy skin, dizziness, weakness, and profuse perspiration. The worker may have normal body temperature but complain of a headache.

Treat heat exhaustion by providing the worker with water or electrolyte replacement drinks and moving them to a cooler area. If not dealt with immediately it can quickly become heat stroke.

HEAT STROKE

What Happens to the Body: The worker has dry, hot, red skin but no sweating. You may notice mood swings and the victim may collapse or pass out.

Heat stroke is a medical emergency. Call 911 immediately. First aid includes lowering the worker's body temperature quickly. Pouring cool water over them will help. Loosen or remove clothing. If possible move the worker to a cooler place.

How to help prevent Heat Illnesses:

- Keep yourself hydrated. Drink plenty of cool water and electrolyte containing sport drinks.
- Avoid drinking caffeinated and carbonated beverages. They actually increase dehydration.
- Wear light-colored, loose-fitting, cotton clothing.
- Take addition short breaks in a shaded area.
- Avoid eating large amounts of food or heavy meals before working in hot environments.
- Use the buddy system (work in pairs).

REMINDER: NEVER IGNORE THE SYMPTOMS OF HEAT-RELATED ILLNESS. TELL SOMEONE IMMEDIATELY, STOP WHAT YOU'RE DOING, AND COOL OFF.