

MCLB ALBANY SAFETYGRAM

“10 Ways to Prevent Heat-Related Illnesses”

Mangers, supervisors, and workers have an essential role in preventing heat illness. Each member of the workforce should use good judgment to prevent heat-related illness. Your heat stress prevention procedures should protect all workers; from those who can work comfortably in heat, to those who may be susceptible or predisposed to heat illness.

1 Drink cool water.

Drink cool water in small amounts frequently. Avoid alcohol, coffee, tea, and caffeinated soft drinks, which cause dehydration.

2 Dress appropriately.

Wear lightweight, light-colored, loose-fitting clothing and a hat when working outside.

3 Provide ventilation.

Provide ventilation in the work area. Good airflow increases evaporation of sweat, which cools the skin.

4 Adapt work.

Assign a lighter workload and longer rest periods during heat stress conditions. Short, frequent work-rest cycles are best.

5 Monitor.

Check the current heat stress condition (wet bulb globe temperature) and workers' responses to these conditions at least hourly.

6 Acclimate.

Build up tolerance for working in the heat. Heat tolerance is normally built up over a one to two week time period.

7 Train workers.

Train workers to recognize signs and symptoms of heat exhaustion, heat stroke, and other heat-related illness.

8 Reduce work for anyone at risk.

Manage work activities and match them to employees' physical condition.

9 Check with your doctor.

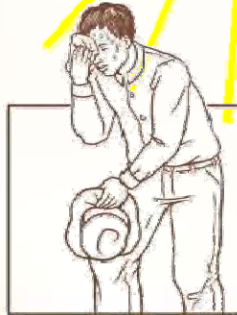
Check with your doctor before working in hot environments if you have a medical condition. Certain medical conditions such as heart conditions and diabetes, and some medications, can increase the risk of injury from heat exposure.

10 Get help immediately.

Get emergency medical attention immediately if someone has one or more of the signs or symptoms of heat exhaustion or heat stroke. Emergency numbers on base are **911** from a Base Phone or **639-5911** from a Cell Phone.



Signs & Symptoms



Heat Exhaustion

Heavy sweating, cramps, rapid pulse, headache, nausea, vomiting



Heat Stroke

Dry, red, hot skin, fainting, high body temperature, disoriented, confused



For additional information on heat stress, visit www.OSHA.gov/SLTC/heatstress



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