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Alert #: SA 10-17

Date: 7/5/17

## HEAT STRESS

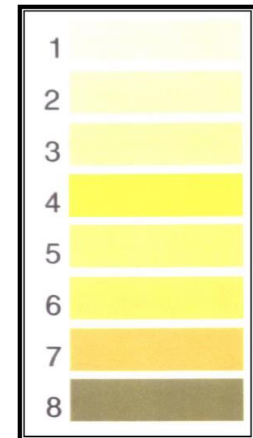
July is here and temperatures are getting hotter by the day. It is important to make ourselves aware of the symptoms of heat stress and use all possible methods to prevent heat related illnesses. Heat stress results when the body is unable to get rid of any excess heat. Heat stress hazards can be both direct and indirect. Direct hazards include: fogged glasses, sweat in eyes, slippery hands, and dizziness or fainting. Indirect hazards include: physical discomfort, irritability, poor judgement, inattention to the job, and slower mental or physical reaction time. Staying hydrated plays a very important role in preventing heat related illnesses.

**Heat Index**  
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

Caution   
 Extreme Caution   
 Danger   
 Extreme Danger



The heat index chart above references danger and extreme danger temperatures. The chart numbered 1-8 is a urine color chart that is used to assess if you are drinking enough fluids throughout the day to stay hydrated. If your urine color matches any color from levels 4-8 you are dehydrated and need to drink more fluid.

### Guidelines to prevent heat-related illnesses or injuries:

- Drink plenty of fluids. Water and electrolyte drinks (approx. 8oz. of water every 15 minutes.)
- Stay away from caffeine or energy drinks. They will dehydrate your body.
- Do strenuous work during cooler parts of the day if possible.
- Check with your doctor or pharmacists about possible heat related side effects to medication.
- Find shade or air-condition space for breaks. Utilize fans and cool wraps when available.
- Take breaks at least once an hour.
- Inform your supervisor if you start to develop signs or symptoms of heat illnesses.
- Drink before you're thirsty.
- 1 hour of strenuous activity require 1 liter of fluid replacement.
- Consume light, cool lunches instead of heavy, hot meals.
- Allow your body to become acclimated to your surroundings.

***Report all incidents immediately to the GIS  
Hotline 1-844-280-1991.***

**SAFETY ALERT**