



H S E

HEALTH SAFETY ENVIRONMENTAL



Alert #: SA 17-24

Date: July 1st, 2024

Summer Driving and Safety

While summer is commonly seen as a time of relaxation and enjoyment, it is important to remember that the heat which summertime brings is vital in being prepared for – especially while driving. Not only is being prepared for the elevated heat important, but understanding the risks and mitigations for summertime heat is of high importance, as well.

HEAT-RELATED RISKS/ILLNESSES

Being prepared for high humidity and heat is essential for effective work during summer. If not ready, these are some of the following heat-related risks which someone may experience:

- **Heat Fatigue**: A sense of weakness, impaired motor function, and an overall reduced ability to concentrate. It is important to not work whenever you are feeling these symptoms and take breaks as needed.
- **Heat Exhaustion**: Headaches, nausea, dizziness, weakness, thirst, irritability, excess sweating, and elevated bodily temperature. It is important that people experiencing these symptoms receive medical treatment/evaluations.
- **Heat Stroke**: Seizures, critical bodily heat levels, losses of consciousness, and dry skin/profuse sweating caused by the failure of the body's regulating systems.

HEAT ILLNESS PREVENTION

Knowing all of the potential risks of the summertime heat, it is now integral to know the most common prevention actions one can take in order to mitigate the possibility of experiencing heat risks/illnesses:

- Wear light-colored, loose-fitting, breathable clothing (e.g., cotton).
- Schedule the heaviest work during the coolest parts of the day.
- Take breaks to drink water in cool areas.
- Be wary of erratic/unpredictable summertime traffic.
- Stay alert and be mindful/patient.



Report all incidents immediately to the GIS Hotline 1-855-543-5163.



SAFETY ALERT