



H S E

HEALTH SAFETY ENVIRONMENTAL

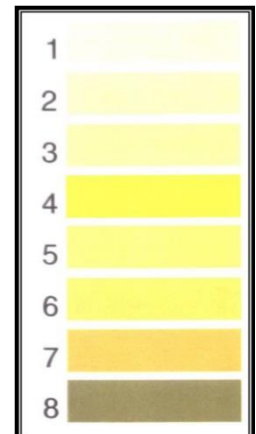
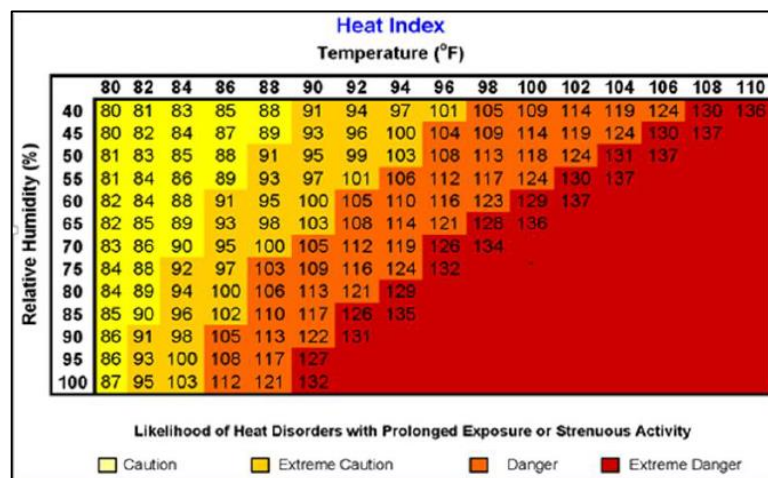


Alert #: SA 9-20

Date: 7/14/20

Heat Stress

Summer 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.



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
1-855-543-5163.**

SAFETY ALERT