

# PREVENT HEAT STRESS




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## Did you know?


- It can take 2-3 weeks to acclimate to hotter weather.
- Individuals who are significantly overweight or have other health issues are at increased risk for heat-related injury.
- Light-colored clothing absorbs less heat and keeps you cooler.
- Caffeinated beverages cause the body to lose more water.
- You need to drink even when you're not thirsty. Thirst often occurs after dehydration.

## TIPS



Do most of the heavy physical labor early in the morning when temperatures are cooler.

Drink water or sports drinks, even when you're not thirsty, to keep hydrated.



Take periodic breaks in a shady or air conditioned area to cool down and to hydrate.

## Signs and Symptoms of Heat-Related Injury

★ **1. Muscle Cramps** – This is an early sign of dehydration. Have the employee drink water or sports drink and cool down.

★ **2. Heat Exhaustion** – This is a more significant heat injury where the employee is sweating excessively and may have nausea, dizziness or a headache. Make sure the person stops working, hydrates, and cools down. This may take a while.

★ **3. Heatstroke** – This can include symptoms such as confusion, lack of sweating, fainting, or seizures. Request emergency medical services and cool the employee down until help arrives. This is a serious situation!