

Safety Flash

HEAT STRESS



When the body is unable to cool itself, several heat-induced illnesses such as heat stress, heat cramps, heat exhaustion and the more severe heat stroke can occur. The result can be very serious.

Factors Leading to Heat Stress

- High temperature and humidity.
- Direct sun or heat.
- Limited air movement.
- Physical exertion.
- Poor physical condition.
- Some medicines.

Symptoms of Heat Cramps

- Usually affects arms, legs or stomach.
- Frequently occur after work, at night, or when relaxing.
- Although often painful, they seldom result in permanent damage.

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses.
- Monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Take rest in cool places.
- Drink lots of water.
- Wear lightweight, breathable clothes.
- Avoid caffeinated drinks, or heavy meals.
- Wear cool vests.

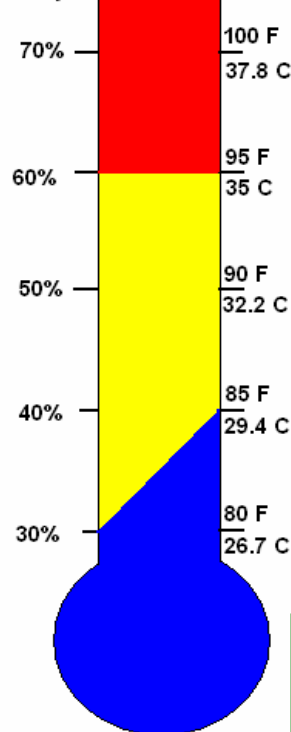
What to Do for Heat-Related Illness

- Contact your supervisor immediately and get medical attention (refinery nurse or ERS).

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

Relative Humidity Temperature



- Prevent Heat Stress as outlined
- Take caution
- No action needed

Our work is never so urgent or important that we cannot take time to do it safely and in an environmentally prudent manner.