

Safety Flash

The Heat Is On!

With the arrival of hot, humid weather, all employees are encouraged to take a moment to refresh on the prevention of heat-related illnesses. During hot weather, heat stress is a concern both at work and at home. As we head into the hot months of the year, please remember the basics of preventing a heat-related incident:

Drink plenty of fluids before, during and after outside activity. Remember the thirst sensation is not a good indicator to use to know when to replace the fluids lost from sweating (a good rule of thumb is to drink 8 oz. of liquid every 30 minutes in a hot environment). If fluids are not available at the work site, contact your supervisor and request that fluids be provided.



Self-pace your work in hot weather. If you are not feeling well due to the heat, seek help from a co-worker and go to the nearest air-conditioned building, take a rest break and drink fluids.

Know your own limitations. The following factors can pre-dispose an individual to the effects of a heat-related illness: personal medical condition/illness, medications, physical conditioning, and less than adequate acclimatization.

Watch out for fellow employees. Observe your co-workers. If you suspect that they are

starting to feel the effects of the heat, encourage them to take a break in a cool area and drink some fluids.

Anticipate/plan work activities. Try to anticipate work activities so that strenuous work can be performed during the cooler hours of the day or when extra resources are available to rotate employees.

Take extra precautions when using some PPE. Remember - PPE used to prevent chemical exposure, e.g. respiratory protection, chemical suits/gloves, etc. increases the risk of heat-related illnesses. This lower tolerance to heat must be considered in the job activity/scope.

A Heat Stress Prevention Plan is required at all projects

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June 02, 2011**