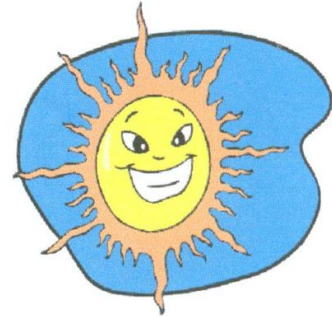


“Beat The Heat”

Factors resulting in Heat Stress:

- Outdoor work in hot weather and in direct sunlight
- Work in construction, confined space, Facilities, Kitchens
- Poor ventilation
- Excess humidity
- Radiant heat sources
- Heavy clothing
- Poor physical fitness



Types of Heat Stress:

- **HEAT CRAMPS:** Severe muscle cramps (usually on legs and abdomen)
- **HEAT EXHAUSTION:** Rapid and shallow breathing, weak pulse, cold and clammy skin, heavy perspiration, total body weakness and dizziness that sometimes leads to unconsciousness
- **HEAT STROKE:** Deep and shallow breathing; rapid strong rapid weak pulse; dry hot skin; dilated pupils; loss of consciousness; seizures or muscular twitching

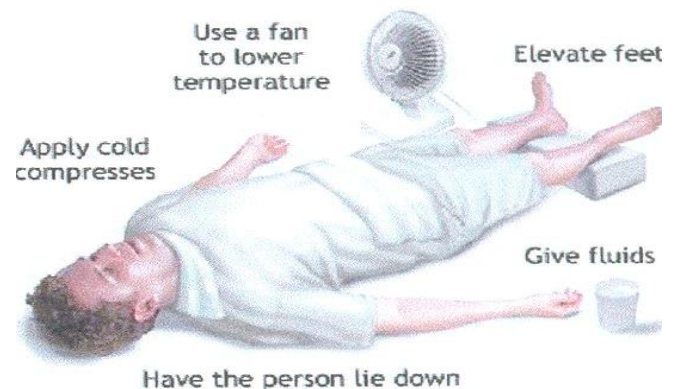
Emergency care procedures:

- Move patient to nearby cool place and keep at rest
- Fan the patient’s skin
- Give patient salted water (ORS) to drink
- Massage (with pressure) the cramped muscle to help ease the patient’s discomfort
- Apply moist towels to patient’s forehead and over cramped muscles for added relief
- Remove enough clothing to cool the patient without chilling him (watch for shivering)
- Pour cool water over patient. If cold packs or ice bags are available wrap them and place under armpits, behind knees, wrists and ankles and on each side of neck
- If condition persists or patient becomes unconscious transport to hospital as soon as possible



Heat Stress can be avoided by:

- Drinking plenty of Water
- Wearing lightweight clothing
- Eating light and staying in good shape
- Taking appropriate breaks
- Wearing a cap when exposed to sunlight
- Where possible planning work for cooler part of day



“Stay Cool”