

Safety First...it's the right thing to do!



July, 2016

Heat and Fatigue

Working in a hot environment, your body must get rid of excess heat to maintain a stable temperature. It does this by circulating blood to the skin and sweating. When the temperature is close to or warmer than body temperature, cooling becomes more difficult. Sweating becomes the main way the body cools off. Sweating is effective when the humidity level allows evaporation, and if fluids and salts that are lost are replaced. If the body cannot get rid of excess heat, it will store it causing the core temperature to rise and heart rate to increase. As the body temperature rises, the person begins to lose concentration and has difficulty focusing on a task, may become irritable or sick, and often loses the desire to drink.

Working in hot and humid conditions increased the risk of heat-related illness, especially doing heavy tasks or using bulky/ non-breathable protective clothing.

Additional factors that can contribute to heat illness include personal factors that can affect each employee differently.

Important ways to reduce the risk of heat-related illness include practices such as the use of shade, changing or modifying work schedules, appropriate dress for the conditions, job rotation, work/rest cycles, drinking water often, and providing an opportunity for employees to build up a level of tolerance to working in the heat.

Remember, the company and your family are counting on you!

It's important to know and look out for the symptoms of heat-related illness in yourself and others during hot weather. Plan for an emergency and know what to do acting quickly can save lives!

**See it,
own it!**

