

LESSONS LEARNED FROM LOSSES

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Beat the Heat:

WITH THESE SIMPLE WORDS

Water, Rest and Shade!



BASICS

- Drink water every 15 minutes, even if you're not thirsty. No alcohol or too much sugar—both cause you to lose more body fluid. If you are fluid restricted or have a medical condition, consult your doctor.
- Rest in the shade to cool down.
- Wear a hat and lightweight, light-colored, loose-fitting clothing.
- Learn the signs of heat illness and what to do in an emergency (see below).
- Keep an eye on fellow workers.

SIGNS

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

- High body temperature (above 103°F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do:

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

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