

Longshore Safety Tip

June - 2022

Dangers of Working in the Heat

Every year, dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition.

HEAT ILLNESS

Signs & Symptoms

- » Sweating
- » Headache
- » Tired, weak, dizzy

Prevention

- » Water
- » Rest
- » Shade

HEAT STROKE

Signs & Symptoms

- » Confusion
- » Slurred speech, or
- » Unconsciousness

Contact Supervision immediately and cool the worker with ice or cold water until help arrives.



ILWU - PMA
PACIFIC COAST MARINE SAFETY COMMITTEE
DEDICATED TO SAFETY





Preventing Heat Illness

- » **Drink Plenty of Water**
- » **Rest in Shade**
- » **Wear a Hat and Lightweight, Light Colored, Loose Clothing**
- » **Avoid Alcohol and Caffeinated or Energy Drinks**

Heat exposure can be dangerous!

Millions of U.S. workers are exposed to heat in their workplaces. Although illness from exposure to heat is preventable, every year, thousands become sick from occupational heat exposure, and some cases are fatal.

Most outdoor fatalities, 50% to 70%, occur in the first few days of working in warm or hot environments because the body needs to build a tolerance to the heat gradually over time. The process of building tolerance is called heat acclimatization. Lack of acclimatization represents a major risk factor for fatal outcomes.

Occupational risk factors for heat illness include:

- » **Heavy physical activity,**
- » **Warm or hot environmental conditions,**
- » **Lack of acclimatization, and**
- » **Wearing clothing that holds in body heat.**

Keeping Workers Safe in the Heat
WATER - REST - SHADE