



Longshore Safety Tip



August 2005

PREVENTING HEAT STRESS WHILE ON THE JOB



Hot summer months pose special hazards for outdoor workers who must protect themselves against heat, sun exposure, and other hazards.

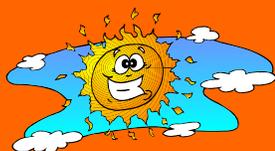
Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.



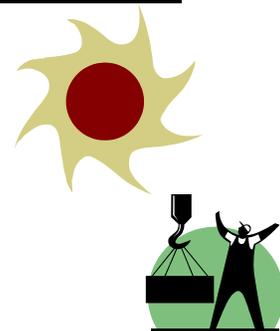
Some of the most common illnesses caused by excessive heat exposure include:

1. HEAT STRESS
2. HEAT EXHAUSTION
3. HEAT STROKE



Heat Stress

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.



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Heat Exhaustion

- *Headaches, dizziness, lightheadedness or fainting.*
- *Weakness and moist skin.*
- *Mood changes such as irritability or confusion.*
- *Upset stomach or vomiting.*

Take Immediate Action in the Case of Heat Stroke

- *Dry, hot skin with no sweating.*
- *Mental confusion or losing consciousness.*
- *Seizures or fits.*



Preventing Heat Stress

- *Block out direct sun or other heat sources.*
- *Use cooling fans/air-conditioning; rest regularly.*
- *Drink lots of water; about 1 cup every 15 minutes.*
- *Wear lightweight, light colored, loose-fitting clothes.*
- *Avoid alcohol, caffeinated drinks, or heavy meals.*
- *Replace yourself if you can't get acclimated to your environment.*



What to Do for Heat-Related Illness

- *Notify Supervision at once.*
- *While waiting for help to arrive:*
 - *Move the worker to a cool, shaded area.*
 - *Loosen or remove heavy clothing.*
 - *Provide drinking water.*
 - *Fan and mist the person with water.*

