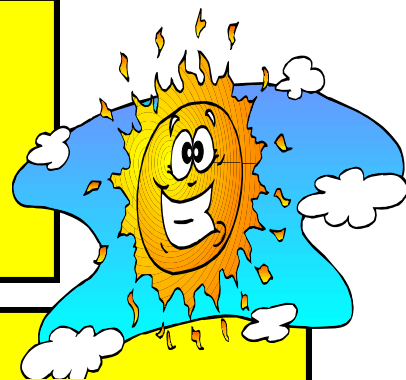


PREVENT HEAT STRESS THIS SUMMER

April - 2010

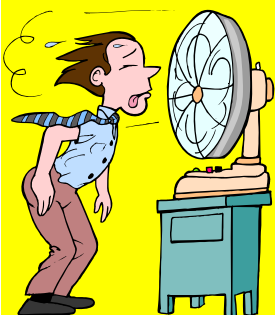
What is Heat Stress?

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.



Preventing Heat Stress

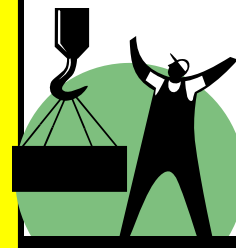
- *Block out direct sun or other heat sources.*
- *Use cooling fans/air-conditioning;*
- *Drink lots of water; about 1 cup every 15 minutes.*
- *Wear lightweight, light colored, loose-fitting clothes.*
- *Avoid alcohol, caffeinated drinks, or heavy meals.*



What to Do for Heat-Related Illness Emergencies

Notify Supervision and follow their instructions:

- *Move the worker to a cool, shaded area.*
- *Loosen or remove heavy clothing.*
- *Provide drinking water.*
- *Fan and mist the person with water.*



Take Immediate Action in the Case of Heat Stroke



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



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