

Longshore Safety Tip



May - 2014

PREVENTING HEAT STRESS

Heat Illness occurs when the body is unable to cool itself by sweating. There are five main kinds of illness: Heat Rash; Heat Cramps; Fainting; Heat Exhaustion and the most severe Heat Stroke which can result in death!

First signs you may notice indicating the onset of heat illness

- Sweating.
- Headache, Feeling tired, weak and or dizzy.
- Heat rash or small red bumps on the skin, usually on the arms, legs back or stomach.

These early signs indicate it's time to cool off, rest, and drink water to recover. Ignoring these signs could result in development of a more serious form of heat illness. Look out for yourself & your co-workers

SOME PEOPLE ARE AT GREATER RISK FROM HEAT ILLNESS, BECAUSE THEY:



- Are not used to working outdoors in the heat.
- Have had heat related symptoms the day before.
- Are not physically fit or are overweight .
- Drank alcohol or took drugs before work.
- Are wearing dark, heavy or tight clothing.
- Have health conditions such as diabetes, pregnancy, kidney or heart problems.

TELL YOUR SUPERVISOR RIGHT AWAY IF: YOU HAVE ANY OF THE "FIRST SIGNS" ABOVE!!!

Heat Illness - can quickly become life-threatening. Since early signs (headache, nausea, rash etc.) are not clearly visible to others, it's important that you report them immediately to your supervisor.



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Steps to Preventing Heat Illness

- *Drink plenty of water; even if you aren't thirsty.*
 - *Rest in the shade to cool down.*
- *Wear hats or lightweight, light colored, loose-fitting clothes.*
- *Avoid alcohol, caffeinated drinks or energy drinks which can cause dehydration and make it more dangerous for you to work in the heat.*



Symptoms of Heat Exhaustion

- *Headaches, dizziness, sweaty skin*
- *Weakness, cramps, fast heartbeat*
 - *Nausea or vomiting*

Symptoms of Heat Stroke

- *Red hot and dry skin*
 - *High temperature*
- *Mental confusion, convulsion or fits*



What's the difference between these two types of heat illness?

- *With Heat Exhaustion - you still sweat a lot.*
- *With Heat Stroke - you stop sweating and your skin is red.*
 - *Heat stroke symptoms are more visible to others.*

WATCH OUT FOR YOUR CO WORKER: IF SOMEONE ON THE JOB HAS HEAT ILLNESS SYMPTOMS

- *Notify Supervision to contact emergency services and follow instructions while waiting for help to arrive.*

While waiting for help to arrive

- *Move the worker to a cool, shaded area.*
- *Loosen or remove heavy clothing.*
- *Provide drinking water.*
- *Cool the worker: fan them / put ice packs in the groin and underarms areas or soak their clothing with cool water.*
- *Provide first aid .*



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