

Longshore Safety Tip

May - 2016

REMINDER ON HEAT STRESS

Heat stress from exertion or hot environments places workers at risk.

Heat Exhaustion is the body's response to an excessive loss of water and salt, usually through sweating.

Symptoms

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

First Aid

- Rest in a cool area
- Drink plenty of water or other cool beverages
- Notify supervision



Dehydration and heat exhaustion are two very common heat-related diseases that can be life-threatening if left untreated.

How can dehydration be prevented?

Take precautionary measures to avoid the harmful effects of dehydration.

- Drink plenty of fluids, especially on hot days. Water and sports drinks are the drinks of choice. Avoid caffeinated coffee, soda, and alcohol, as these can lead to dehydration.
- Make sure you are taking in more fluid than you are losing.



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Protect Yourself

Avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these cannot be avoided, take the following preventative steps:

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses
- Wear light-colored, loose-fitting, breathable clothing such as cotton
- Avoid non-breathable synthetic clothing
- Gradually build up to heavy work
- Take more breaks when doing heavier work, and in high heat and humidity
- Take breaks in the shade or a cool area
- Drink water frequently. Drink enough water that you never become thirsty
- Avoid alcohol, caffeinated, or energy drinks which can cause dehydration and make it more dangerous for you to work in the heat

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to high heat
- Recent illness

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
- 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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