

TRAINING TOPICS

- Information in Heat Stress.
- OSHA guidelines.
- Who is affected by heat illness?
- Symptoms of heat illness.
- Immediate actions to take when someone is suffering from heat illness.
- Preventative methods to combat the risk of heat exposure.

*Interested in a training for yourself or company?
Please complete registration form by using the QR Code or Link below.*



https://universityofalabama.az1.qualtrics.com/jfe/form/SV_dhClnag5nppkXd4



DISCLAIMER

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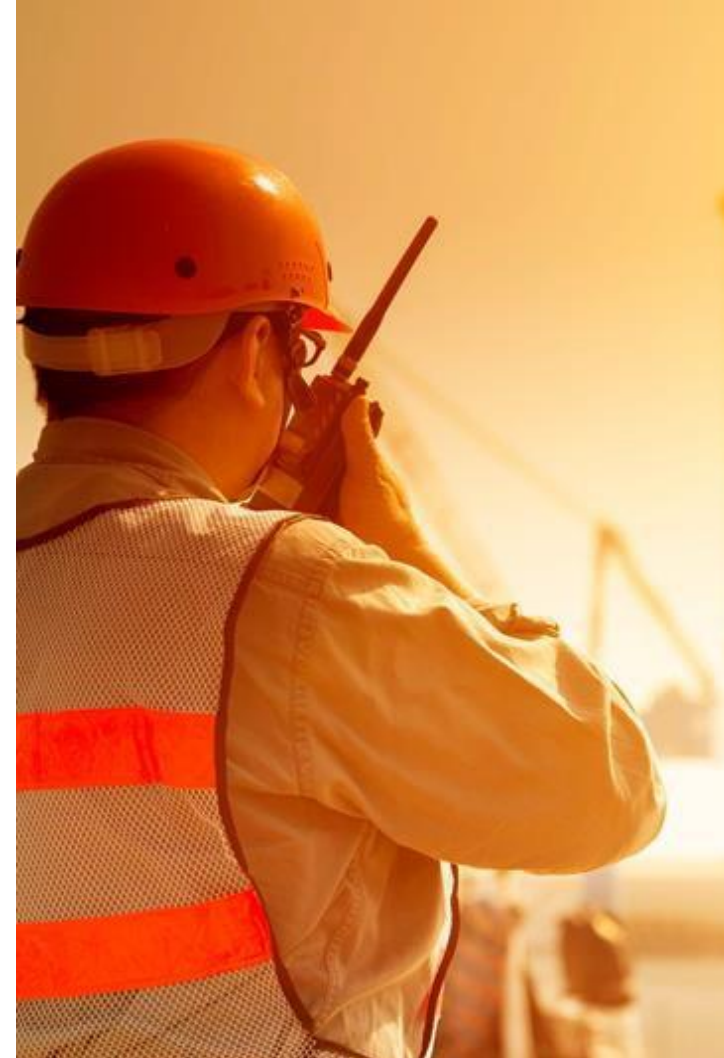
RESOURCES

In an emergency, call 911 (U.S.) or 060 (Mexico) to receive medical attention for a Heat Illness. For more information on Preventing Heat Stress and Illness go to osha.gov/heat or contact the number below:

Occupational Safety and Health Administration (OSHA): +1 (800) 321-6742



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ALABAMA



HEAT STRESS PREVENTION

RESOURCES ON HOW YOU CAN
PREVENT HEAT ILLNESS AT WORK



SYMPTOMS OF HEAT ILLNESS

- Excessive sweating
- Extreme thirst
- Dry mouth
- Pale, moist skin
- Headaches
- Irritability
- Rapid breathing
- Cramps or nausea
- Confusion or aggressive behavior
- Seizures or convulsions
- Unresponsiveness

WHAT IS HEAT ILLNESS?

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illness is range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

WHO IS AFFECTED?

Workers exposed to hot and humid conditions, particularly those doing heavy work tasks or using bulky protective clothing and equipment.

Heat Illness Prevention



Remember three simple words: Water, Rest, Shade



Rest in the shade



Drink water often



Take breaks



Limit time in the heat

HEAT EXHAUSTION FIRST AID

- Move victim to a cool place.
- Keep the victim lying down and elevate the legs and feet slightly.
- Remove excessive clothing.
- Hydrate with cold water, a decaffeinated sports drink containing electrolytes or other nonalcoholic beverage without caffeine.
- Cool the victim by applying cold packs or wet towels or cloths. Fan the victim.
- Monitor the person carefully. Seek medical help if necessary.