

A yellow diamond-shaped sign with a black border, containing the text 'LBB SAFETY MEETING JULY 2022'.

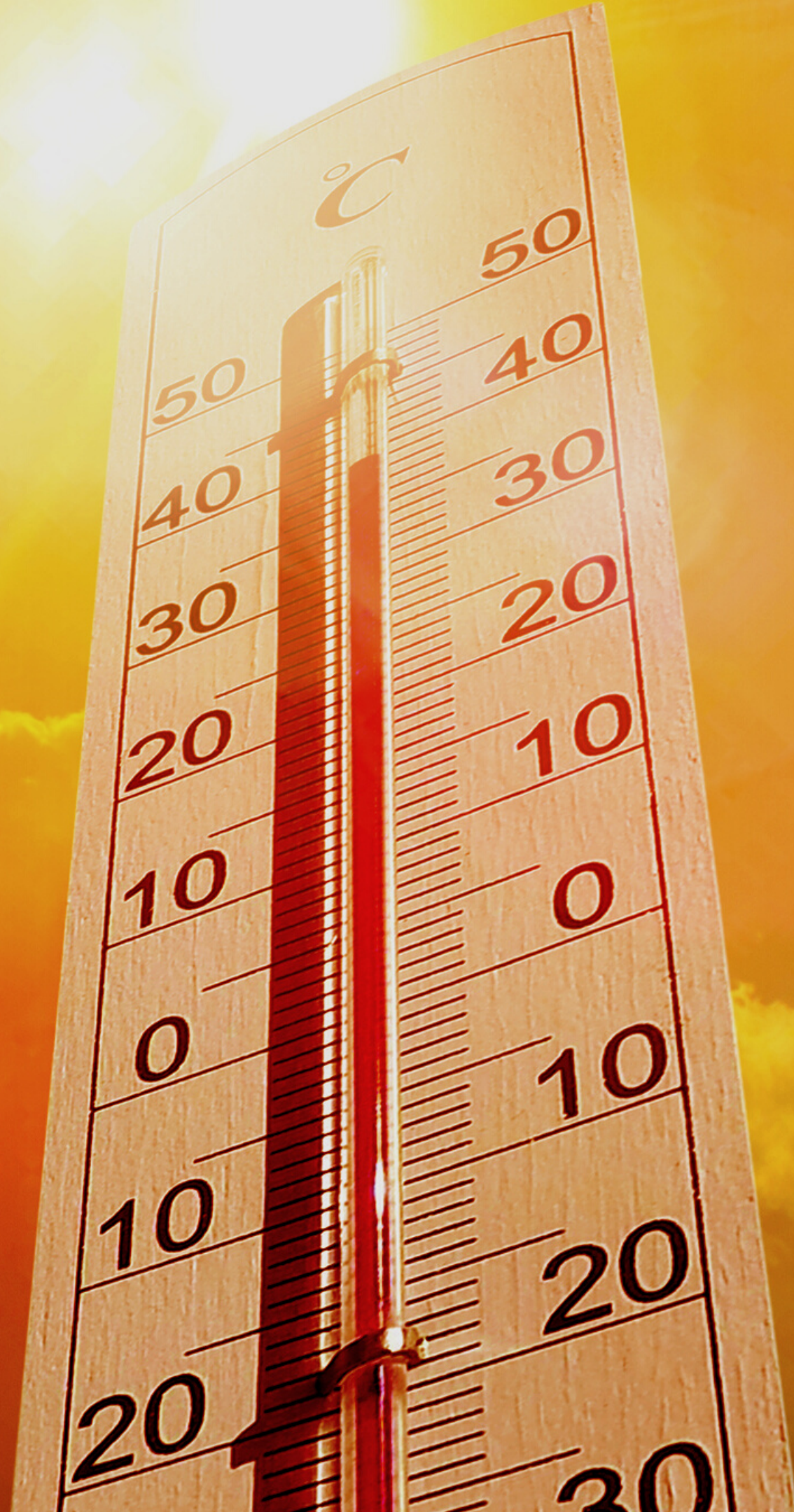
LBB

SAFETY

MEETING

JULY 2022

HEAT STRESS



Heat Stress

Heat stress includes a series of conditions where the body is under stress from overheating

Heat-related illnesses include:

- Heat Rash
- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Contributing Factors...

- High temperatures and humidity
- Low fluid consumption
- Extreme heat or direct sun exposure
- Limited air movement (no breeze or wind)
- Physical exertion
- Use of bulky protective clothing and equipment
- Individual/personal risk factors (e.g. pre-existing health conditions and lifestyle)



HEAT STRESS INJURIES

HEAT RASH

- Red raised rash
- Impairs sweating and decreases effectiveness of sweating

HEAT CRAMPS

- Muscle cramps, pain or spasms in the abdomen, arms or legs

HEAT EXHAUSTION

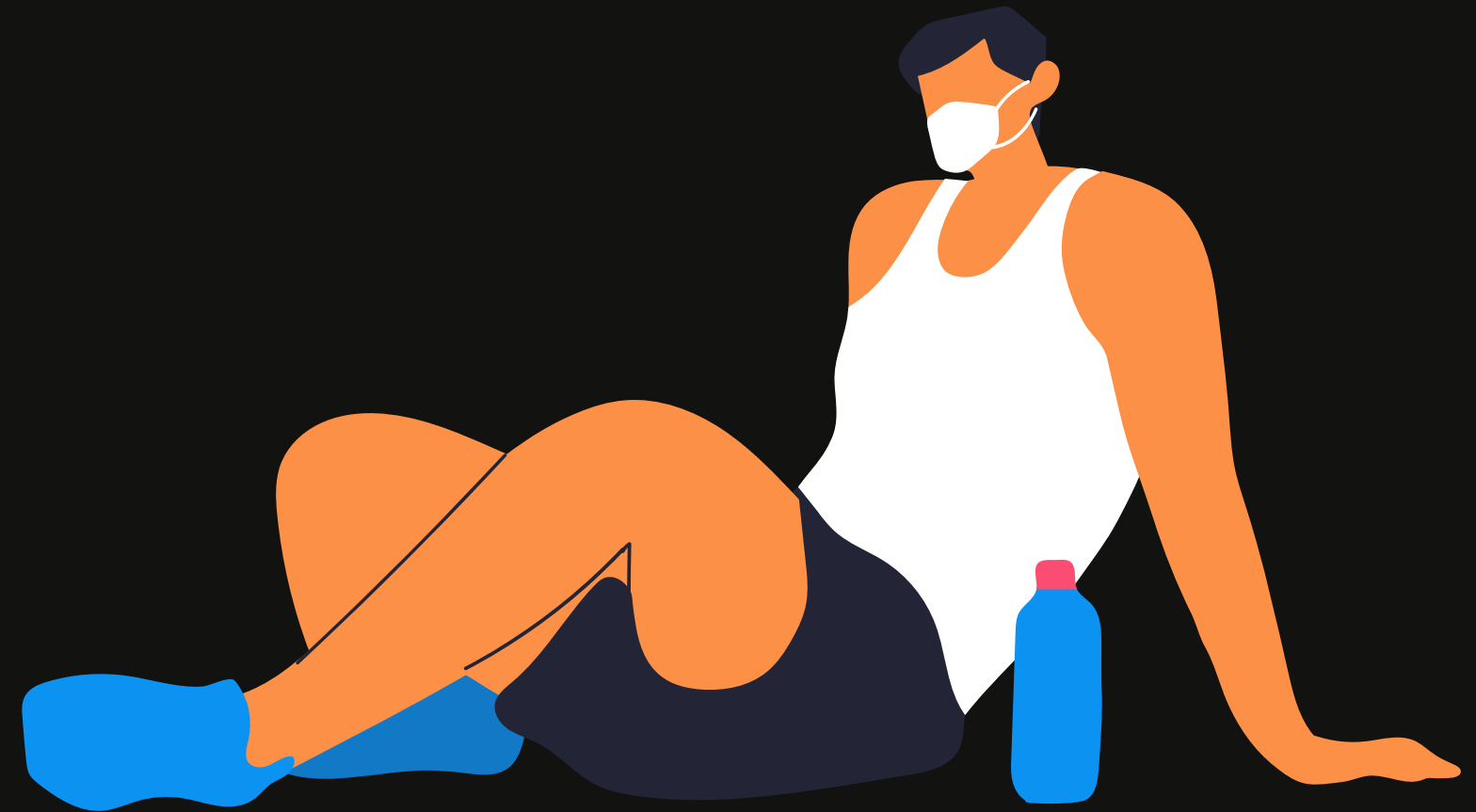
- Moist, clammy skin
- Dilated pupils
- Normal or subnormal temperature
- Dizziness, confusion and/or nausea
- Weak pulse
- Rapid breathing

HEAT STROKE

- Dry, red, hot skin
- Pupils constricted
- Very high body temperature
- Dizziness, confusion and/or nausea
- Pulse rapid
- Unconsciousness
- Coma
- Death

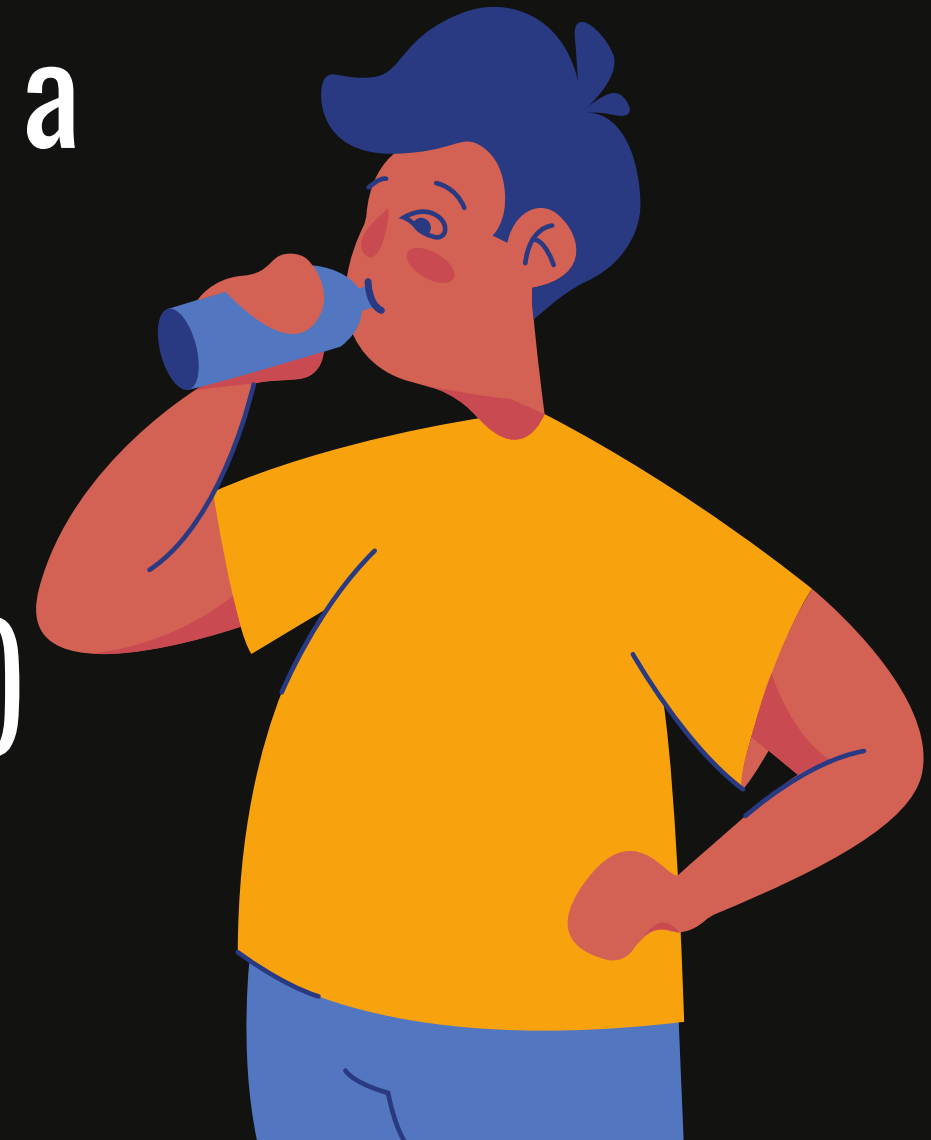
Treatment...

- Remove worker from the hot area
- Provide liquids to drink
- Remove unnecessary clothing
- Cool the worker
- Call 911 if necessary




Prevention...

- Frequent resting breaks
- Frequently drink lots of cold water
 - Avoid drinking caffeinated and alcoholic beverages, as these make the body lose water, as have a dehydration symptoms
- Cooling air
- Wear light, loose-fitting, breathable (like cotton) clothing



Have a Safety Concern?



LITTLE BIG BURGER

REPORT CONCERNS

HOW CAN WE IMPROVE SAFETY?



See something. Say something. All LBB employees have a voice. Please click here to report any safety concerns or ways to improve safety in the workplace.

Incident Reporting:

- Form can be filled out online at WeAreLBB.com
- Who can submit a form → ANYONE
- Possible examples of when it should be completed:
 - First Aid of any kind is administered (even the smallest injuries should be documented)
 - Injury of a guest or employee on the property
 - Someone being ejected from the property or if they make a threat
 - Possible crime has been committed (ex. theft or harassment)
 - Property damage (company-owned or property owned by guest, vendor, or employee)

