



HEAT-RELATED ILLNESSES / SAFETY TRAINING

The most common of the several heat-related illnesses are:

- 1. Heat stroke:** The most serious health problem for people who work in high temperature environments is caused by a failure in the body, specifically in the internal mechanism that regulates body temperature. The sweating stops and the body cannot rid itself of excess heat. Some symptoms include mental confusion, delirium, loss of consciousness, seizures or coma, a body temperature of 106 °F or more, dryness and warmth on the skin, which may be red, blotchy, or bluish. Victims can die if they are not taken care of quickly. Medical attention must be sought, the victim must be transferred immediately to a cool area and your clothing soaked in cold water. In addition, it must be vigorously ventilated to increase the freshness in your body.
- 2. Heat exhaustion:** This develops as a result of the loss of fluids in the body through perspiration, when a worker has not had enough fluids, salt, or both. A worker with heat exhaustion may sweat, but she experiences extreme weakness or fatigue, dizziness, nausea, or headache. Her skin becomes moist, her complexion turns pale, and your body temperature remains normal or rises slightly. The victim you should rest in a cool place and drink liquids rich in salts.
- 3. Heat cramps:** These painful spasms in the bones and muscles are caused when workers swallow large amounts of water, but they do not replace the body's loss of mineral salts. Cramps can occur during or after the workday and could be alleviated by drinking fluids rich in salts by orally or intravenously, for faster relief, if required by medical determination.

First aid for most heat-related illnesses

- ✓ Act quickly and move the victim to a cool, shady environment to rest. Do not let to the person alone.
- ✓ If symptoms include dizziness, lay the victim on his back, and raise his legs six to eight inches.
- ✓ If symptoms include nausea or stomach pain, lay the victim on her side.
- ✓ Loosen and remove heavy clothing.
- ✓ Make sure the victim drinks cold water (one glass every 15 minutes) unless she is sick with the stomach.
- ✓ Cool the person's body by placing it in front of a fan and moistening it with cool water or applying wet compresses to the skin.
- ✓ Call 911 and request emergency help if the person does not show improvement in a few minutes.

Safe practices

- ✓ Get the heaviest work done in the coolest hours of the day and work in groups.
- ✓ Build your tolerance for heat and work slowly. Most people need two weeks to adjust.
- ✓ Drink lots of cold water, a glass every 15 minutes is recommended.
- ✓ Wear light, loose, and ventilated clothing.
- ✓ Take short, frequent breaks in cool, shaded areas that allow the body refresh.
- ✓ Avoid eating a lot and drinking alcoholic or caffeinated beverages before starting to work on areas with high temperatures.

Risk factor's

- ✓ Take medicines determined by a doctor. Check with your pharmacist if the medicines you are taking can affect you during your work at high temperatures.
- ✓ A previous heat-induced illness.
- ✓ Personal protective equipment that can contribute to your physical stress.