

SAFETY BULLETIN



HEAT KILLS

The spring and early summer is a dangerous time of the year for heat injuries, because we are not yet acclimated to the rapidly fluctuating high temperatures. Take extra caution over the next few months as the Northstate heats up!

Preventing Heat Injuries:

- Work at cooler times
- Adjust work-rest cycles
- Drink cool water frequently, **before** you are thirsty (no more than 1.5 qts/hr)
- Eat food: vegetables, fruits, salty snacks, electrolyte- beverages.
- Ensure cooling capabilities (showers, fans)
- Adjust clothing
- Wear sunscreen lotion
- Avoid alcohol, caffeine, drugs, supplements

It takes TWO WEEKS to acclimate to a higher temperature. The problem is, the temperature may be hot for only a week, then get cool again.

Heat Stress is Cumulative which means you are at more risk on a cool day following a really hot day. Your body needs lots of extra water and rest to recuperate fully.

Be Patient and don't overdo it on the random hot days prior to the height of summer. Drink more water than you think you need, and eat lots of salty snacks to increase your water retention and electrolytes.

Learn to Identify Heat Injuries:

Heat Exhaustion

Moist, clammy skin
Weakness, dizziness, headache
Cramps
Clumsiness

Heat Stroke (DEADLY!)

Hot, dry skin
Vomiting, confusion, mumbling
Combative
Convulsions, loss of consciousness

Treating Heat Injuries:

STOP all activity. **REST**-Lay flat with feet elevated. **COOL**- Sip cool beverages, move to cool area, remove clothing, If heat stroke: cover with ice water-soaked sheets, call 911.

State Law for High Heat Procedures (over 95 degrees)

- Must have effective observation and a buddy system
- Regular communication with solo workers
- Minimum 10 minute cool down period every 2 hours

For any questions regarding this Safety Bulletin, or requests for free onsite safety classes, please contact Kurt Walling, the Loss Prevention Manager for STSIG at kwalling@stsig.org, or 530-221-6444.

And remember: Stay Alert, Stay Alive!