

Compliance Headliner

Heat Management at Work

Inside this Issue

•Heat Management at Work

Please Circulate To:

Automotive

Dealer/Principal
General Manager
Fixed Operations Director
Service Manager
Paint & Body Manager
Parts Manager
Parts & Service Director

Industrial/Public

Utility

Director
Plant Manager
Department Managers
Superintendents
Supervisors

Summer will soon be in full swing here in the south. We are all familiar with the heat and humidity that can take hold during the summer months. It is important that employees know how to recognize signs of heat-induced illness, or heat stress, and be able to prevent such illnesses from occurring.

Factors leading to Heat Exhaustion and Heat Stroke include high temperature and humidity. Limited air movement, direct exposure to sunlight, physical exertion, and some medications can all exacerbate the problem.

Symptoms of Heat Exhaustion include upset stomach or vomiting, dizziness, weakness, headache, light headedness, and mood changes. Symptoms of Heat Stress include dry, hot skin with no sweating, mental confusion, loss of consciousness, and seizures or convulsions.

There are several easy ways to prevent Heat Stress. It is important to rest when necessary, use cooling fans, drink lots of water, and avoid caffeine and heavy meals. If someone is being affected by a heat related illness, 911 should be called immediately. The person should be moved to a cool location and should drink plenty of water while waiting for help to arrive.

Heat stress can be a serious concern, particularly in the summer months. Knowing how to prevent heat stress, how to recognize its signs, and what to do in case it does affect a co-worker can all help lead to a safe working environment.