Heat Stress

- It is a well known fact that over-exposure to excessive heat can kill you
- Excessive heat causes accidents in many ways
- It becomes more difficult to concentrate
- You get tired and nervous, and begin making errors in judgment

Prevention

- Take frequent breaks in shaded or air-conditioned areas
- Avoid caffeine and alcohol
- Avoid heavy, fatty-type foods
- Eat smaller meals before and during work
- Drink plenty of cool fluids; citrus or fruit juices work best
- Wear lightweight, light color, and loose clothing
- Avoid fatigue; get plenty of rest
- Replace lost body salts
- See a doctor if you are not feeling well

Recognize

- A person is dazed, staggers or becomes dizzy
- A person is lying out unconscious
- There is a feeling of nausea or vomiting; the person also can feel chilly
- Their face looks pale
- There is a weak pulse and body temperature is below normal

Emergency

- Call for emergency medical assistance
- Keep the victim lying down with their head lower than their feet
- Loosen the victim’s clothing
- Keep the victim warm
- Give fluids if possible

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