



Heat Stress Prevention Safety Moment

- Heat stress can result in fatigue, skin rashes, and decreased mental alertness that can be a contributor to poor judgment and accidents.
- Overexposure to heat can cause cramps, nausea, headache, fainting, and in extreme cases death. Heat stroke is a very serious medical condition where the body's temperature regulating system fails.
- Water is the best fluid to drink to prevent heat related disorders, but we must begin drinking water before the shift begins.
- Do not wait until you are thirsty to begin drinking water. Thirst is not an adequate stimulus to prevent dehydration. If you do use electrolyte drinks such as Gatorade, you should drink 2 cups of water for every 1 cup of other fluids.
- You should begin drinking before the shift begins, and drink at least one cup of water every 15 to 20 minutes.
- The use of caffeinated beverages, alcohol and some prescription drugs can greatly reduce your tolerance to heat related disorders.
- Heat related disorders can be serious, and prompt reporting to your supervisor is mandatory. Ignoring the signs and symptoms of heat related disorders can lead to death.