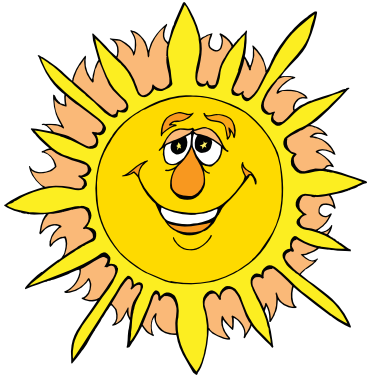




# Risk Reminder



## Summertime: The Heat is On!

With the summer sun shining hot, remember the problems that can be caused by excessive heat and humidity. HEAT STRESS disorders can creep up on unsuspecting workers, often contributing to worker fatigue and overexertion.

Illness and potential injury can be avoided by knowing the warning signs and symptoms:

### Heat or Sun Stroke

Sweating stops and body holds in heat; mental confusion; loss of consciousness; body temperature of 106 F; and hot dry skin.

### Heat Exhaustion

Sweating; extreme weakness; nausea; headache; clammy skin; pale or flushed complexion; and normal body temperature.

### Heat Cramps

Painful spasms of muscles; and tired muscles.

### Fainting

Loss of consciousness

### Heat Rash

Itchy skin; sleep loss, and poor performance when heat rash is complicated by infection.

**Immediately notify a manager if you or a co-worker experience any of these symptoms!**

### Important Tips to Remember During the Summer:

- *Dress properly for the weather.*
- *Educate yourself on the signs and symptoms of heat related disorders.*
- *Drink plenty of fluids. Water is recommended in small amounts every 15-20 minutes.*
- *Take frequent breaks.*
- *Take it easy the first few days of high heat or humidity.*

