Prevention of Heat Stress Injuries

Preventing Heat Stress

Pre-hydrate - Before activity starts, drink 16 oz. of fluid.

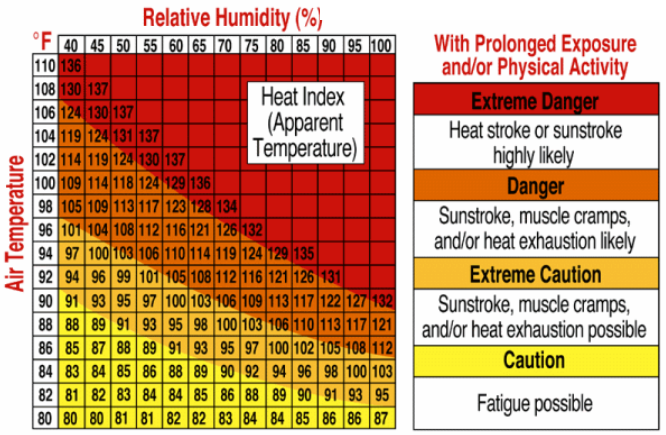
Drink flavored water - Plain water quenches thirst too quickly, so workers tend to not drink enough of it.

Acclimate to the heat slowly - Over 5-7 days of exposure. New workers increase your amount of exposure by 20% each day. 4 days out of the heat will require re-acclimation.

Wear appropriate head gear.

Wear loose, thin synthetic fabrics - They help the skin stay cool through evaporation. Wear breathable fabrics.

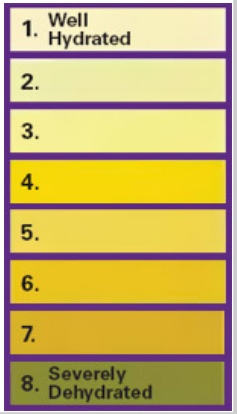
Wear your PPE no matter the temp - It cannot protect you if it is not you!



The color test

The color of your urine is caused by bile, the chemical that your liver produces to break up fat. The more bile is watered down, the clearer it becomes in color. The less it is broke down, the darker. The color usually indicates how well hydrated you are. Use this simple, but effective, color chart to gauge your hydration levels.

Alcohol, cola and coffee are diuretics, which means that you actually expel more liquid than you drink so while your urine may be a pale color, you are actually dehydrating yourself. Maintain an intake of water with all types of drink. If you are thirsty, you are already dehydrated!



Safety Meeting Resources **Keyword: Preventing Heat Stress**

http://www.nclabor.com/osha/etta/indguide/ig35.pdf

PureSafety Course: Heat Stress

http://www.cdc.gov/niosh/topics/heatstress/

Research your topic and use these simple questions and steps to get your safety meeting off on the right foot!

1. Why is this topic important?
2. How does it affect me and my co-workers?
3. Other ways you can stay safe in the summer sun.
4. How can you keep hydrated on the worksite?
5. Review the heat index before you get started each day.