



# SAFETY ALERT

## HOT WEATHER SAFETY TIPS

### Alert Summary

With the summer upon us, it is important for us take precautionary measures to protect ourselves from the hazards that are associated with exposure to heat and direct sunlight.

### Severity of Alert

Heat illnesses is a spectrum of disorders due to environmental exposure to heat. It includes minor conditions such as heat cramps and heat exhaustion, as well as the more severe condition known as heat stroke. Heat illnesses can impact many organs including the skin, brain, heart, kidneys, liver, etc.

1. Heat Cramps – the first stage in the heat illness spectrum. In this stage, individuals will experience painful muscle spasms in the abdomen, arms, or legs following strenuous activity. The skin is usually moist and cool and the pulse is normal or slightly raised. Body temperature is mostly normal.
2. Heat Exhaustion – the second stage of the heat illness spectrum. In this stage, individuals will experience headaches, nausea, fatigue, dizziness, fainting, rapid breathing, dehydration and extreme thirst. The skin will feel clammy and excessive sweating will occur.
3. Heat Stroke – the final and most severe stage in the heat illness spectrum. In this stage, individuals will experience confusion, slurred speech, delirium, nausea, and vomiting. The skin is bright red and dry to the touch as the body is no longer sweating.

### Personal Safety

With the various stages of the heat illness spectrum there are different ways to respond for your personal safety and the safety of others.

1. Heat Cramps – stop physical activity and move to a cool place, drink water or a sports drink. Wait for the cramps to go away before continuing on with the physical activity.
2. Heat Exhaustion – Move to a cool place and loosen clothes if necessary. Place a cool, wet cloth on your body and sip water.
3. Heat Stroke – notify security on channel #10 right away and inform them of the heat stroke emergency. Move to a cooler place if possible and attempt to lower body temperature with a wet cloth or cool water bath. Do not drink water during this stage as loss of consciousness could occur.

Those working in direct sunlight for more than 15 minutes at a time should apply sunscreen on all areas of your body that is exposed to the sun. Please do so 30 minutes prior to sun exposure and use SPF 50+ to provide the best protection.

### Resources Provided by the DZF Safety Department:

DZF has resources and can further assist with providing the following resources to address concerns with heat stress related illnesses:

- Cooling towels for your team members to wear
- Electrolyte popsicles for your team
- A work environment assessment to identify opportunities for keeping your teams cool and hydrated

**Please contact the DZF Safety Department if you need additional guidance and support on Channel 12.**

### Key Issues to Consider

1. Summer is upon us and it is important for us to protect ourselves from hazards associated to heat exposure.
2. Drink plenty of water or electrolyte drinks AND avoid caffeine and/or energy drinks.
3. Take more frequent breaks and try to complete work in shaded areas during the middle of the day.
4. Move to a cool, dry area if you start to develop cramps and wait for the cramps to go away before proceeding with physical activity.
5. If you start to experience headaches, dizziness, nausea or fainting, take these body signs seriously as they may lead to more serious symptoms.

