

SAFETY



MONDAY



Our environment changes daily and often throughout the day. Early mornings could be cool, by mid-afternoon very warm or **HOT**.

As much as we talk about,
"Situational Awareness"

In Safety, we also need to be aware of our bodies and the environment.

PREVENTION:

- ★ Drink Plenty of Water the day before.
- ★ Limit Alcohol and Caffeine.
- ★ Take cooler showers.
- ★ Wear lighter Clothing.
- ★ Protect yourself from the Sun.

SIGNS AND SYMPTOMS HEAT STROKE:

- ★ No Sweating / Dry Skin / Vomiting
- ★ Dizziness / Pinpoint Pupils / Headache
- ★ Rapid or Strong Pulse / Hot Dry Skin

SIGNS AND SYMPTOMS HEAT EXHAUSTION:

- ★ Over Heated / Clammy Pale Skin
- ★ Heavy Sweating / Fatigue / Weakness
- ★ Fast & Weak Pulse
- ★ Dizziness / Vomiting / Muscle Cramps

If it happens to you or a coworker,

Call 911