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Risk Management

Heat Stress in the

Safety

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Defeat the heat!

During extreme heat, it is easy to forget about your well-being when working to complete a job.

Understand your limits, allow more frequent breaks, and gradually increase workloads to adapt to the heat. Drink plenty of water to stay hydrated, even if \RX GRQ¶WIHHO WKLUVW\, ILQ WK

years of age or older, are overweight, have heart disease or high blood pressure, or take certain medications. Heat stress can result in heat-related injuries such as heat cramps, heat exhaustion, and heat stroke. Below are descriptions of the warning signs and symptoms of each heat illness.

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