

O·A·K·L·E·Y TRUCKING, INC.

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Health Safety & Environmental Alert

Alert No. 2014-0013

Date: May 5, 2014

Subject: Heat Stress

Heat is one of the leading weather related killers in the US. As the heat and humidity are steadily increasing as we enter into the summer months, so does the threat of heat related injuries. Stay alert and be watchful for the following signs and symptoms of heat stress:

1. **Heat Cramps**- cramping of the muscles
2. **Heat exhaustion**- symptoms include headache, rapid breathing, fainting, and dizziness.
3. **Heat stroke**- the most dangerous heat related illness. Symptoms include decrease in sweating, high body temperature, altered consciousness and hot/flushed dry skin.



If any of the above symptoms occur, move to a cool, shaded or air conditioned location, drink plenty of water and take a cool shower or sponge bath.

** Treatment for heat stroke requires medical attention so EMS must be initiated. **

Heat stress is caused by the body's inability to cool itself sufficiently. Below are some preventative measures against the heat.

- Allow time for acclimation to the heat.
- Set-up frequent break schedules in a shaded or cooled area.
- Drink 5-7 ounces of fluids every 15-20 minutes. Sports drinks should be consumed moderately and avoid caffeinated drinks. Water is the best choice for hydration.
- Hydrate your body the day before. By the time you feel thirsty, it is already too late.
- When possible restrict strenuous activities to cooler parts of the day.
- Provide more aggressive break schedules when utilizing additional PPE. (FRC, respirators, rubber boots, etc).
- Educate employees about heat stress and symptoms during daily meeting.
- Use Sunscreen with a SPF of 15 or higher. Sunburn reduces your body's ability to dissipate heat.
- Avoid prolonged exposure to areas of extreme temperatures and limited air flow.

Be sure to watch out for yourself, your co-workers, as well as your onsite contractors for signs and symptoms of heat stress.

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