Heat Stress Safety Tips

If you work outside in the summer or in areas that are warm all year, you should know about **heat stress safety tips.** Heat stress is caused by over-exposure to hot climates. You might not think it is possible, but you can suffer from heat-related injuries inside as well as outside. Heat stress occurs when your body's core temperature rises above normal. Follow these heat stress safety tips to prevent an accident.

Types of Heat Stress

There are two common types of heat stress, and the first is heat stroke. This occurs when your body temperature rises above 103 degrees. Heat stroke is a serious problem and often leads to death if it is not taken care of immediately. There are several symptoms of heat stroke.

Symptoms of Heat Stroke

- Difficulty breathing
- Headache
- Dizziness
- Flushed skin
- Vomiting
- No Sweat on skin
- Seizure
- Loss of consciousness

If you notice someone suffering from any of these symptoms, call for medical attention.

Heat Exhaustion

The cause of heat exhaustion is very similar to that of heat stroke. The main difference is that the body is having trouble dehydrating to due lack of liquids and electrolytes. The people that are most likely to suffer heat exhaustion include outdoor workers and the elderly.

Symptoms of Heat Exhaustion

- Fatigue
- Cool, clammy skin
- Excessive sweating
- Anxiousness
- Thirst
- Cloudy thinking
- Trouble standing

If you or someone you are working with starts to show these symptoms, seek medical help immediately. There are a few things that you can do while waiting to help keep the person from getting worse.

- Pour cold water on them.
- Sit in a shaded area.
- Remove any heavy clothing

Some of the best **heat stress safety tips** are about the prevention of heat stress. There are several things you can do to assure you do not suffer from heat-related injuries.

Heat Stress Prevention Safety Tips

- Wear loose-fitting clothing that allows air flow.
- Wear light-colored clothing to reflect heat rather than dark colors which absorb heat.
- Stay hydrated. Drink plenty of fluids throughout the day.
- Avoid drinks with caffeine in them. They will cause you to dehydrate faster.
- If at all possible, work in a shaded area.
- If you are on any medication, check with your doctor to make sure extended sun exposure is safe.
- Take frequent breaks to cool off.

If you follow these **heat stress safety tips**, they will keep you working safely during the hot summer months. Do you have any heat stress safety tips? If so, why don't you share them with us? The best way to promote safety is by sharing your safety ideas.