summer heat safety 101.

For manufacturing and logistics professionals, summer heat can be more than just uncomfortable — it can even be deadly! Heat stress occurs when core body temperature reaches critical levels because the body is unable to regulate itself by sweating. It's a medical emergency that can lead to heat cramps, heat exhaustion, heat stroke and, in severe cases, death. But with planning, hydration and awareness, it's also totally preventable. Learning to spot the signs of heat-related health issues can help prevent lost productivity and — most importantly — save lives.



spotting the difference:

VS

heat stress

symptoms of heat stress

- chest pain dizziness
- headache
- heavy perspiration or damp, clammy skin labored breathing
- muscle cramps
- nausea
- rapid heartbeat
- weakness/lightheadedness

symptoms of heat stroke

 throbbing headache dizziness and

heat stroke

- lightheadedness lack of sweat,
- despite the heat red, hot and dry skin
- nausea and vomiting

what to do if a colleague experiences heat stress

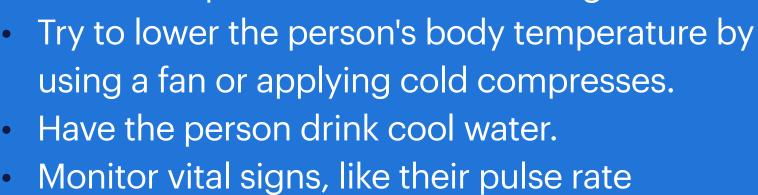
on the job. Move the person to a cool, ventilated area.

- using a fan or applying cold compresses.
- Have the person drink cool water.
- and heartbeat. Report the incident to the person's supervisor.

what should

you do if

Lay the person down and elevate their legs. Check the person's rate of breathing.



If necessary, call emergency personnel.

you suspect heat stroke on the job?

if not properly and promptly treated. If you suspect a colleague is experiencing a heat stroke, seek

Heat stroke is a medical emergency that can be fatal

emergency medical assistance immediately.

6 simple tips to stay safe this summer.

- Drink water throughout the day, both at work
- the sun is less intense, or stay out of the sun altogether. Take breaks. Cool down frequently by sitting in a shaded or air-conditioned area.

When possible, work during off-peak hours when

and at home.

- Wear loose, breathable cotton clothing, sunglasses and a hat.
- Use sunscreen. Be prepared. Stay up-to-date on heat-related training and maintain a healthy physical condition. An active lifestyle can help you build tolerance to the heat.

