

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:

heat stress

VS

heat stroke

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 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.
- Lay the person down and elevate their legs.
- Check the person's rate of breathing.
- Try to lower the person's body temperature by using a fan or applying cold compresses.
- Have the person drink cool water.
- Monitor vital signs, like their pulse rate and heartbeat.
- Report the incident to the person's supervisor.
- If necessary, call emergency personnel.

what should you do if

you suspect heat stroke on the job?

Heat stroke is a medical emergency that can be fatal if not properly and promptly treated. If you suspect a colleague is experiencing a heat stroke, seek emergency medical assistance immediately.

6 simple tips to stay safe this summer.

- Drink water throughout the day, both at work and at home.
- When possible, work during off-peak hours when 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.
- 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.