

TRASHCAN TALK

Employee Safety Communication

Heat Disorders

EDITION: 5
August 2016



Dehydration

- ❖ Occurs when you lose more fluid than you take into your body.
- ❖ Your body does not have enough water and other fluids to carry out its normal functions.
- ❖ Inadequate intake of water during hot weather or exercise is the main cause of dehydration among otherwise healthy adults.
- ❖ Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are at a greater risk for developing dehydration.
- ❖ Mild dehydration can cause symptoms such as:
 - dry, sticky mouth
 - sleepiness
 - thirst
 - muscle weakness
 - headache
 - dizziness or lightheadedness
- ❖ Dehydration can be treated by replenishing the fluids that your body has lost.
- ❖ Drink at least 32 ounces of water or sports drinks slowly/steadily if you experience any of the above symptoms.

Heat Stroke

- ❖ Occurs when the core body temperature rises above 105 degree F, and the body's internal system starts to shut down.
- ❖ When a person becomes dehydrated, they do not sweat as much, their blood becomes concentrated and organ functioning is impaired.
- ❖ Avoid strenuous activity between 11am and 4pm – this is the hottest part of the day.
- ❖ Take frequent breaks in the shade, by a fan or in air conditioning.
- ❖ Warning signs of heat stroke vary, but may include:
 - very high body temperature
 - red, hot, dry skin
 - dry swollen tongue
 - rapid pulse
 - throbbing headaches
 - dizziness, confusion and nausea
- ❖ When the outdoor humidity is greater than 75%, the body's ability to lose heat by sweating is decreased. Direct exposure to the sun can increase the risk of a heat-related illness on days when the heat index is high.
- ❖ People who have had heat stroke before are more sensitive to the effects of heat following illness.



Wear your Personal Protective Equipment

- gloves
- high visibility safety vest
- safety glasses
- safety boots
- hearing protection
- head protection
- dust masks and respirators
- harnesses and lanyards
- work clothes

REQUIRED AT ALL DUMPS

Safety starts here!