



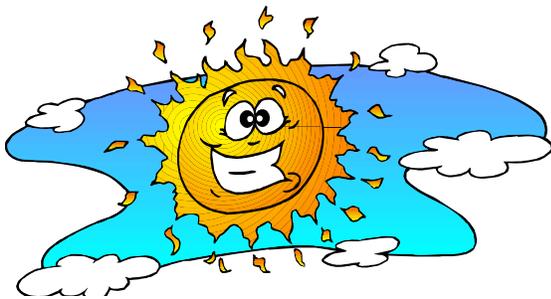
Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Heat Stress Prevention

Keeping Cool In The Heat



Excess heat can place an abnormal stress on your body. When your body temperature rises even a few degrees above normal (which is about 98.6), you can experience muscle cramps, become weak, disoriented, and dangerously ill unless you can help your body to cool down. If your body temperature rises above 105 degrees, your condition can be fatal. Persons who work in hot environments must take special care against heat stress. The following

guidelines can help you keep your cool in the heat and avoid the dangerous consequences of heat stress.

Adapt To The Heat

The National Institute for Occupational Safety and Health (NIOSH) suggests that all workers exposed to extreme heat gradually get used to their environment over a one week period. This means that on your first day in a hot environment, you may only be able to do half the work that a fully-adapted worker would do. Each day, your workload increases slightly until you are able to operate at "full steam."

Drink Water Frequently

Sweating is one of the ways your body cools itself down. Sweating results in water loss, and the only way to replace the loss (and help your body continue to cool itself) is to drink water frequently. Ideally, you should drink at least 8 ounces of water every 20-30 minutes while working in hot environments.

Keep Cool

Persons who work in hot environments should become familiar with first aid techniques for heat stress. If you or someone you know suffers from heat exhaustion, cramps, or other signs of heat stress, get medical attention immediately. Keep your cool - heat stress is dangerous, but it's also preventable.