



## HEAT STRESS

Body temperature in a healthy person can be raised to the danger point by absorbing heat or by generating it. Heat can be absorbed from the ground by reflection or direct contact. *Any kind of work or exercise increases body heat.*

*An increase in body temperature of six to eight degrees above normal (98.6F) for any extended period may cause death*

The body gets rid of excess heat and attempts to keep the temperature normal by sweating, but, by sweating the body loses water and dehydration results. This water must be replaced. Drink *cool or warm water* as fast as you want, but cold water may cause distress and cramps. All jobsites are to provide cold water in clean coolers on a daily basis.

### SYMPTOMS

It is essential that the initial symptoms of dehydration be *known and recognized*. Learn these symptoms: thirst and discomfort, slow motion, no appetite, nausea, drowsiness and high temperature. If dehydration is at 6% to 10%, symptoms will be: dizziness, headaches, dry mouth, difficulty in breathing, tingling sensation in arms and legs, bluish color, indistinct speech and, finally, inability to walk.

### PREVENTION

Satisfying thirst is not an indication of the amount of water needed. If you drink only enough to satisfy your thirst, you can still dehydrate. Drink plenty of water, especially at meal times and during the cooler early morning hours. Products containing alcohol or caffeine do not help to hydrate a person. Also, you are more likely to get dehydrated the day after a night of drinking alcohol or participating in a high-activity sport.

