

PROTECTION FROM HEAT STRESS



As we approach summer, it is important to remember the dangers associated with extreme heat. When a person's body cannot control its temperature and becomes too hot, it experiences heat stress. Heat stress can occur from exposure to direct sunlight or from working in a hot environment. When this happens, the body tries to get rid of heat through the skin by sweating. Anyone who works in a hot environment is at risk of heat stress including outdoor workers, firefighters, bakery workers, farmers, construction workers, miners, boiler room workers, and factory workers.

Exposure to extreme heat can cause heavy sweating, weakness, confusion, nausea, and dizziness that increase a person's risk of injuries. If not addressed, heat stress can develop into a more serious condition such as heat stroke, heat exhaustion, or heat syncope. Indications of a more serious condition include hallucinations, chills, severe headache, slurred speech, and little to no perspiration. Heat-induced risks increase in people who are: 65 years of age or older; overweight; suffer from heart disease or high blood pressure; or take certain medications.

To prevent heat-related conditions, try to schedule the heaviest workload during the coolest part of the day. Help acclimate to the heat by starting with short periods of heat exposure and then gradually increase exposure duration and intensity. Encourage regular breaks in a cool area and have plenty of water available to prevent worker dehydration.

Contact RETTEW today to learn more about heat stress awareness. We offer First Aid, CPR, BBP, and AED training that includes additional information about the signs, symptoms, and treatment of heat stress. Training can take place at your facility or at any RETTEW office location.

MARK YOUR CALENDAR!

- 6/9 SafeLand - Basic Safety Orientation
- 6/11-12 Qualified Rigger and Signal Person (Construction)
- 6/17 NSC Defensive Driving
- 6/17 First Aid, CPR, BBP, and AED
- 6/19 HAZWOPER, 8-Hour Refresher
- 6/23 First Aid, CPR, BBP, and AED
- 7/2 SafeLand - Basic Safety Orientation
- 7/6 Cranes and Rigging
- 7/9 NSC Defensive Driving
- 7/24 Permit-Required Confined Space

Please visit our website for a full list of [upcoming classes](#).

FIRST AID TRAINING



Get your certification today!

Contact us with questions or to schedule training!

- ▶ Luke Lazar, CSP
1-800-738-8395, ext. 3427
llazar@rettew.com
- ▶ Kelly Kramer, CECD, HEM
1-800-738-8395, ext. 3429
kkramer@rettew.com