



MSHA's Occupational Illness and Injury Prevention Program Miner's Tip

Your Health Comes First!

Heat Stress

Category : Heat Stress Mine Type: All



Summer heat is wonderful on the beach or when lying beside a pool, but when you are working in the heat, beware of the effects of heat stress. Heat stress can lead to heat exhaustion, heat stroke, and even death. As the temperatures of summer get hotter, you may want to review your first aid training for recognizing the symptoms and treatment for heat stress.

Symptoms

- Nausea Vomiting Headache Rapid heart rate Weakness Difficulty breathing Dizziness Chills

Treatment

- Rest Cool down (shade, air conditioning) Increase fluids

BEST PRACTICES

- Communicate to all employees when temperature and humidity approach hazardous levels. Train employees in recognizing heat stress & dehydration. Provide and encourage consumption of fluids. Use the buddy system. Watch co-workers for signs of heat stress.

Note: If you feel thirsty, you are already dehydrated to some extent. A good rule of thumb is to drink as many ounces of water as you weigh in pounds every day. (A 150 pound person should drink 150 ounces of water per day) .

Developed in cooperation with: Imerys Carbonates, Imerys Sylacauga Operations, Sylacauga, Alabama (Team Leader) Florida Rock Industries, Fort Myers Quarry, Fort Myers, Florida E.R Jahna Industries, Cabbage Grove, Perry, Florida Hatch Enterprises, Inc., Hatch Quarry, Branford, Florida.

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Remember - Safety and Health are Values!