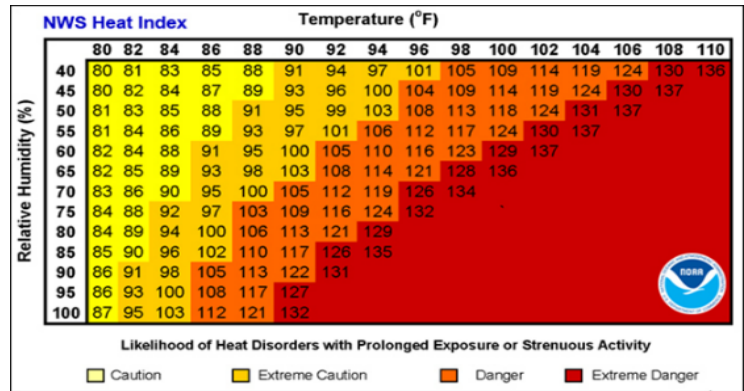


Health Alert: Heat Stress

Mining in hot work areas during summer can cause serious health issues for miners. Everyone needs to recognize the hazards of heat stress and mine operators should provide heat-stress recognition training, monitoring, and personal protective equipment.



Symptoms of Heat Stress:

- Skin is hot, usually dry, red or spotted.
- Body temperature is over 105° F.
- Victim may be confused. The face may be pale or flushed.
- Muscle cramps from loss of sodium.



Heat Stress Prevention:

- Provide cool drinking water near miners.
- Encourage miners to drink a cup of water every 15 to 20 minutes.
- Avoid drinks with caffeine and large amounts of sugar.
- Use sunblockers, proper protective clothing and shade.
- Use administrative controls to rotate miners on hot jobs.
- Schedule heavy tasks during cooler times of the day.

Treat Symptoms:

DO:

- + Remove the miner from the hot area.
- + Apply cool wet cloths.
- + Give water if miner is awake.
- + Seek medical attention if there is no improvement.

DO NOT:

- Apply ice directly to the skin.
- Allow the miner to become so cold that shivering develops.
- Leave the miner alone.