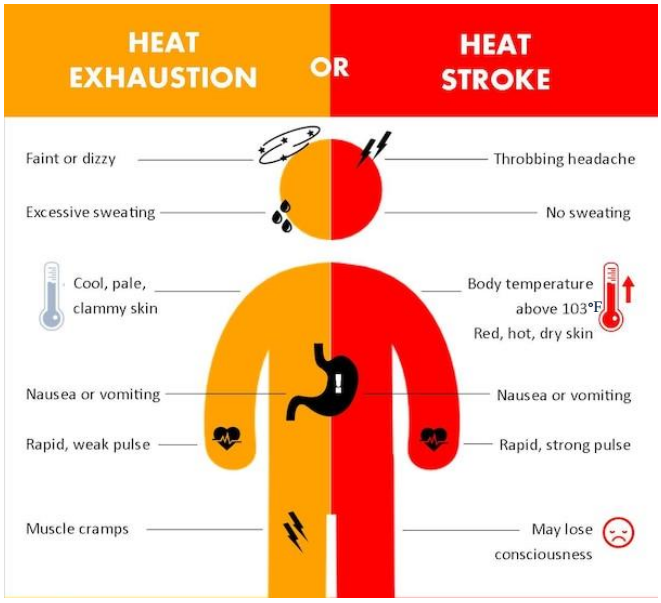
52nd NATIONAL SAFETY WEEK CELEBRATION

March 8th 2023 – Keep your cool in hot weather

"Set peace of mind as your highest goal, and organize your life around it"

~ Brian Tracy



The risks of working outside in the heat rise as summer draws near and the days lengthen. Understanding how to operate properly in hot conditions might help avoid heat-related illnesses like heat stroke. The most severe heat-related disease, according to the National Institute for Occupational Safety and Health (NIOSH), is heat stroke, which happens when the body can no longer regulate its temperature.

Your body's capacity to regulate its temperature under severely hot temperatures is primarily affected by:

- High humidity: Sweat won't drain as quickly in high humidity. As a result, your body is unable to expel heat as quickly as it might otherwise.
- Personal factors: Whether a person can cool off sufficiently in extremely hot weather depends on a variety of circumstances, including age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, prescribed drug use, and alcohol consumption.

Employees are at risk for occupational heat stress due to a variety of circumstances. These factors consist of:

- Environmental factors, particularly on consecutive days (such as air temperature, humidity, sunlight, and air speed).
- Level of physical activity, or the amount of work causing the body to produce heat.
- Use of coverings or safety equipment that can hinder the body's capacity to expel heat.
- Personal risk factors.

The likelihood of heat-related illnesses is influenced by two heat sources.

- Environments that are warm or hot generate environmental heat.
- Workload and the body's metabolic heat production (physical activity).

Impact of extreme heat: It is simple to become dehydrated or overheat during times of high heat. When left untreated, heatstroke is a medical emergency that can permanently harm your key organs or even cause death. Moreover, extreme heat might exacerbate pre-existing medical issues.

Heat-related illness:

Anybody can be affected by extreme heat. Older persons, small children, and those with particular medical issues are those who are most at danger.

When our body cannot adequately cool itself to maintain a healthy temperature, heat-related disease results. Normal bodily cooling occurs through perspiration, but occasionally this is insufficient, causing the body temperature to continue to rise.

Factors that contribute to heat-related illness

- **Dehydration:** In order to maintain good health, our body temperature must remain close to 37 °C (98.6°F). Sweating helps the body cool itself and typically accounts for between 70 and 80 percent of heat loss. Dehydration causes a person to sweat less and their body temperature to continue to rise.
- **Lack of airflow:** working in warm, inadequately ventilated, or constrained spaces.
- **Sun exposure:** especially on hot days, between 11 am and 3 pm.
- **Hot and crowded conditions:** Those who are in a crowded, hot environment while attending a huge event may also become unwell from the heat.
- **Bushfires:** Rapid dehydration and heat-related illnesses can be brought on by being exposed to the radiant heat from bushfires. Bushfires typically happen when it's hot outside, which raises the danger.
- Ecstasy and speed are two substances that can cause an increase in body temperature.

Keep Cool tips:

- Avoid high temperature & high humidity exposure
- Balance water intake and minerals
- Take schedule breaks
- Wear light, layered clothes
- Eat cool, light nutritious meals
- Adjust salt intake