

# NBSIA Member Services Safety Bulletin

May 2022

## PREVENT HEAT ILLNESS



It's summertime and the heat is on. It is important to be mindful of best practices to prevent heat illness and heat stroke.

### Heat Illness Symptoms

Heat illness symptoms are often mistaken as minor discomforts, when in reality they are red flags. From lesser to most severe, symptoms include:

- Decreased energy
- Light-headedness
- Flush or pale skin
- Nausea
- Headaches
- Rapid or shallow breathing
- Profuse sweating
- Confusion
- Muscle cramps
- Vomiting
- Dry skin, no sweating
- Fainting

### Take Action

If someone is experiencing any sign of heat illness—take action!

- If you are experiencing early signs of heat illness, drink more fluids and get out of the sun. Sports drinks can help replenish electrolytes.
- Remove excess clothing layers.
- Move to a cool place if symptoms worsen.

- Pour cool water over the affected person. (You can use ice packs to help cool them off.)
- Lay down and raise feet.
- Call 911 if the victim is vomiting, has fainted or shows signs of confusion, aggression or any strange behavior.

### Prevent Heat Illness

- Wear light-colored, loose-fitting and lightweight clothing.
- Wear a wide-brimmed hat to protect your face and neck from sun exposure.
- Wear sunscreen with an SPF of 15 or more. Reapply often—it does wear off!
- Drink plenty of water, and often. Thirst is a sign of dehydration.
- Do the most strenuous tasks early in the day when it's cooler. Avoid overexertion during the hottest parts of the day.
- Slowly acclimate to the heat by gradually spending more time outside each day.

### Heat Safety App - Great for Supervisors!



The free OSHA-NIOSH Heat Safety Tool app (for Android and iPhone) calculates the heat index for your worksite and displays a risk level. It provides reminders to drink fluids and rest—and even gives information on what to do in a heat-related emergency. For more information visit <https://www.osha.gov/heat>



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