

# EXTREME HEAT



EXPERTISE | EXPERIENCE | INTEGRITY

- Drink water early and often. The body loses water through perspiration, and you need to replace it frequently.
- Experts recommend that you avoid using **alcoholic beverages, coffee, tea, or other beverages with caffeine as a fluid replacement**. These types of drinks cause you to lose even more water and salt. ***The best defense is to drink plain water early and often.***
- Use fans to create air movement throughout your work area.
- When possible, take approved / frequent rest breaks. Immediately move to a cooler area if you feel dizzy or become nauseated. Report this to your foreman. Keep an eye on your work partner.
- Dress in light colors. Choose fabrics that let moisture and heat escape. Dress in layers so you can peel off outerwear as needed as the day progresses.

Watch for signs of heat stress in yourself and your fellow workers. Most of the time, a construction worker may not realize what is happening to them until heat sickness strikes. If signs of heat sickness do occur, help the victim to cool off by removing him to a cool place, fanning him, or soaking him with cloth that has been dipped in cool water. Give him sips of water to drink ONLY if he is conscious.

**REMEMBER!! IF YOU SUSPECT HEAT STROKE DUE TO BRIGHT RED, HOT SKIN AND NO SWEAT, CALL FOR EMERGENCY MEDICAL HELP.**

[www.scswidorski.com](http://www.scswidorski.com) | 401 Ranger Street, Mosinee, WI 54455 | 715-693-9522

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