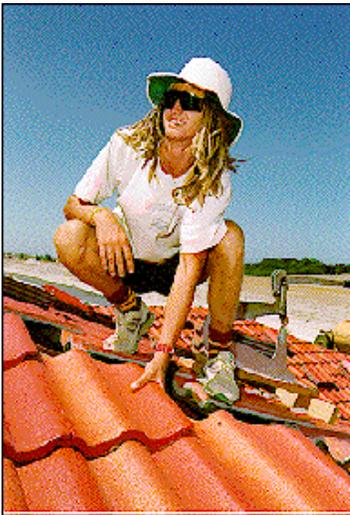




Heat Stress

MONTHLY
SAFETY
BRIEF
July 2004



What causes heat stress?

Heat stress may occur as the result of a heat wave or constant source of heat.

How does heat stress affect me?

High environment temperatures cause an increased blood flow to the skin, which allows the release of heat. Blood is diverted to the muscles when physical work is being performed,

resulting in a lower release of heat through the skin.

Heat stress also causes increased sweating, reducing the body's fluid and causing heat intolerance. This reduces work capacity and efficiency. Other signs of heat stress include tiredness, irritability, inattention and muscular cramps.



How can I avoid heat stress?

* Drinks of 100-200 ml (3.5 - 7 oz) water at frequent intervals will be adequate to reduce fluid loss while sweating.

* Rest in cool places.

* To relieve acute symptoms, such as painful muscular cramps, a solution of one teaspoon of common salt to a liter or quart of water or one teaspoon of electrolyte replacement formula to one glass of water is recommended. This provides a quick source of salt replacement.

