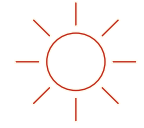


HSW Moment

Sun / Heat Stress Awareness



Sun and Heat Facts

- UV radiation from the sun is the major cause of skin cancer.
- Globally there are over 324,000 cases of skin cancer every year (UK over 16,000), resulting in over 57,000 deaths (and rising every year).
- Employees working outside should consider exposure to UV radiation as an occupational health hazard.
- Getting sunburnt just once every two years can triple your risk of melanoma skin cancer, compared to never being burnt.
- Driving in hot weather can be draining; it is easy to lose concentration, especially if you are driving for long periods.

What is Heat Illness?

- Heat illness is caused by a rise in body temperature and is often referred to as heat stress, heat stroke, or heat exhaustion.
- Excess UV can also cause sun burn which can lead to increased risk of skin damage and skin cancers.

Heat Stress Symptoms:

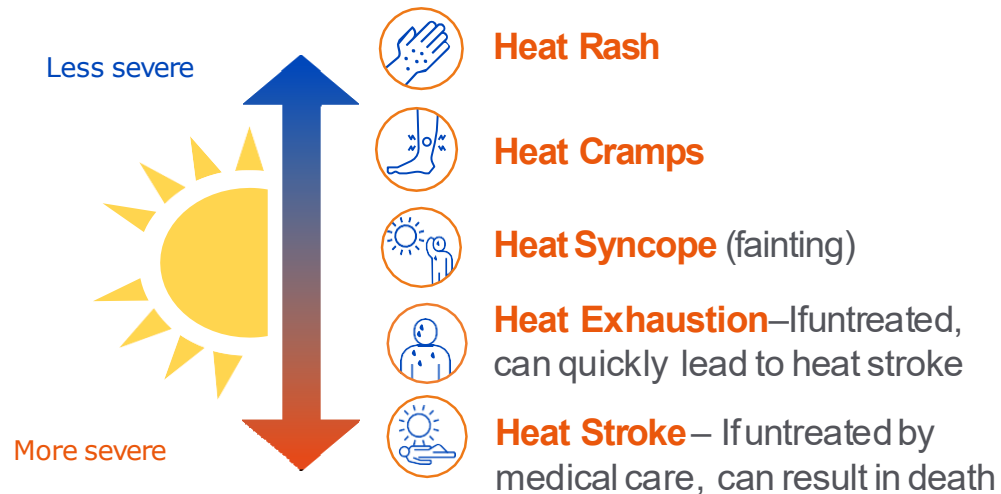
- headache
- dizziness
- light-headedness
- fainting
- weakness
- moist skin
- mood changes
- irritability
- confusion
- nausea, vomiting
- Rapid breathing
- Rapid pulse rate

Heat Stress Awareness

HEAT RELATED ILLNESSES TO WATCH OUT FOR

When heat gain exceeds the ability of the body to compensate, heat illnesses can result. Heat stress disorders range from minor discomforts to life threatening conditions

It's important that, we all know how to **Identify, Treat** and **Prevent** these illnesses.



SYMPTOMS OF HEAT RELATED ILLNESSES

- Feeling Weak and Fatigued
- Headache
- Loss of Concentration, Confusion • and Irritability.
- Clumsiness, Slower Reaction Times
- Slurred Speech
- Intense Thirst
- Heavy Sweating
- Red, Hot and Dry skin with no sweating
- Nausea and Vomiting
- Rapid Breathing and Shortness of Breath
- Fast, Weak Pulse Rate or Palpitations
- Tingling/ Numbness of fingers toes
- Visual Disturbance
- Dizziness and Fainting
- Seizures and Unconsciousness



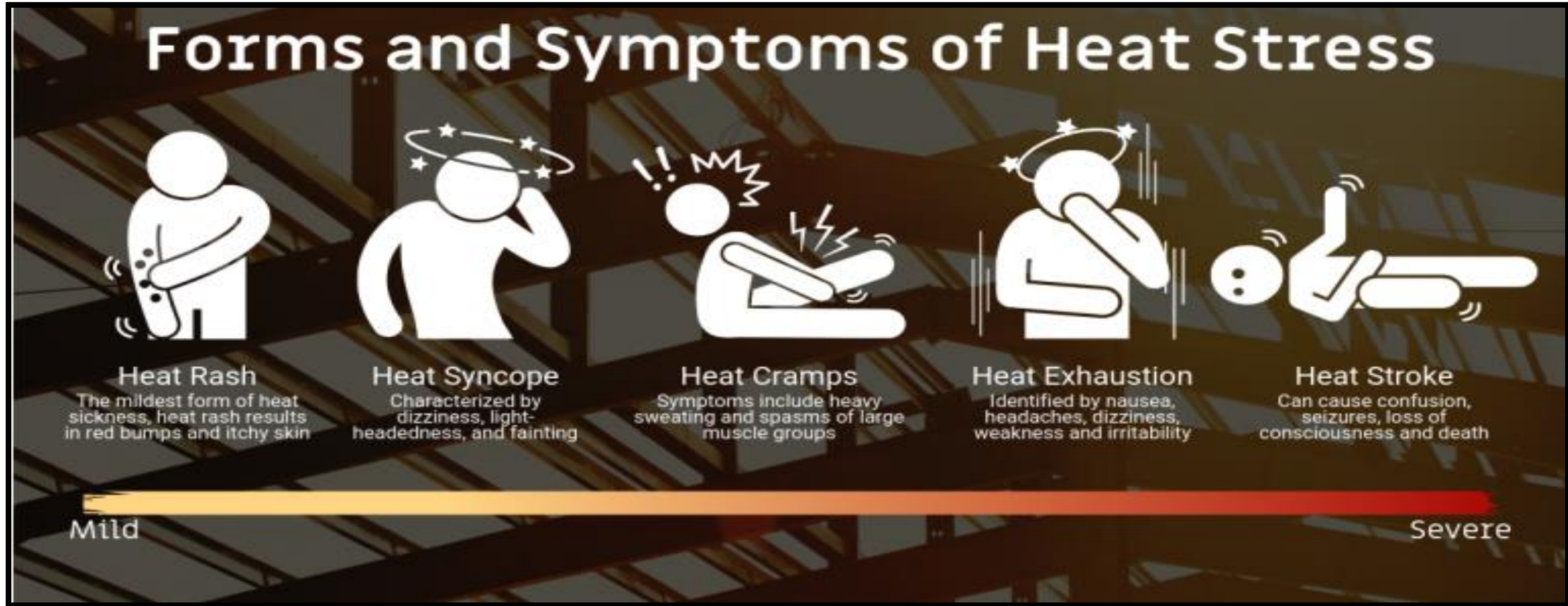
Heat Stress Related Illness

The term heat-related illnesses describes a range of progressive heat-related conditions:

Less severe



More severe



It's important that we all know how to **identify, treat** and **prevent** these illnesses.

Heat Illness & Symptoms

Heat Rash

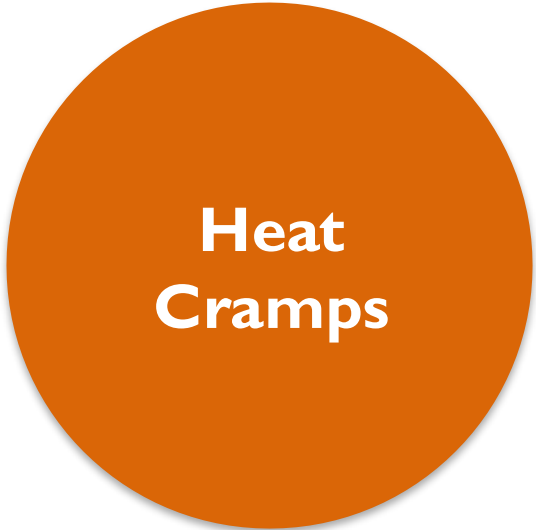
Heat Rash is a skin irritation caused by excessive sweating during hot, humid weather.

Illness	Symptoms	Recommended Actions
Heat rash	Looks like a red cluster of pimples or small blisters	• Work in a cooler, less humid environment when possible • Keep the affected area dry • May use dusting powder to increase comfort



Heat Rash

Heat Stress Related Illness

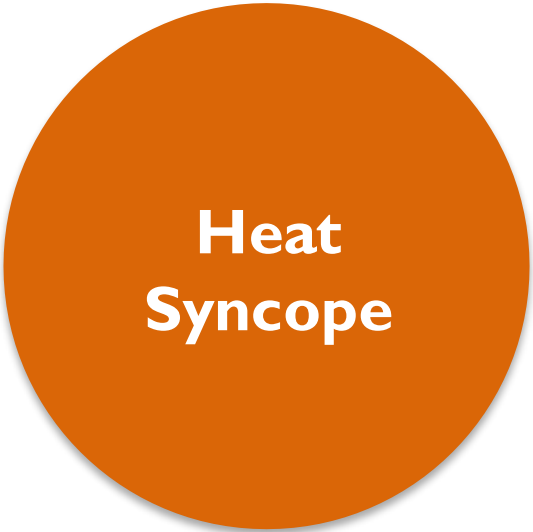


Heat Cramps

Heat Cramps usually affect employees who sweat a lot. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion

Illness	Symptoms	Recommended Actions
Heat Cramps	Muscle pain or spasms usually in the abdomen, arms or legs	• Stop all activity and sit in a cool place • Drink clear juice or a sports beverage • Do not return to strenuous work for few hours • Seek Medical Attention if: • Employee has heart problems • Employee is on low-sodium diet • Cramps do not subside within one hour

Heat Stress Related Illness



Heat Syncope is a fainting episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that contribute to heat syncope include dehydration and lack of acclimatization

Illness	Symptoms	Recommended Actions
Heat Syncope	• Light-headedness • Dizziness • Fainting	• Sit or lie down in a cool place when they begin to feel the symptoms • Slowly drink water, clear juice or sports beverage



Heat Syncope

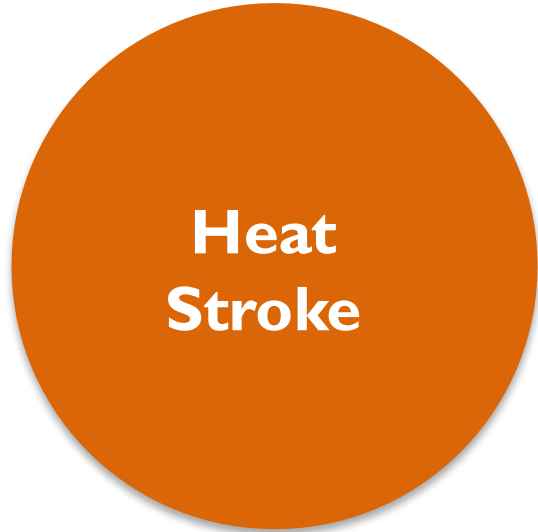
Heat Stress Related Illness

Heat Exhaustion is the body’s response to an excessive loss of the water and salt, usually through excessive sweating.

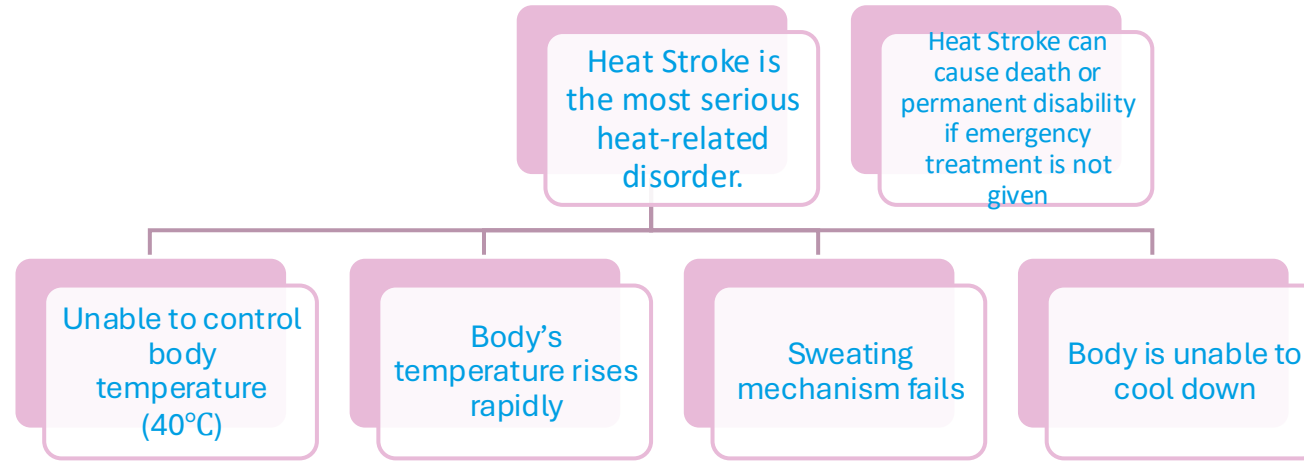


Illness	Symptoms	Recommended Actions
Heat Exhaustion	• Heavy sweating • Extreme weakness or fatigue • Nausea • Pale and flushed complexion • Muscle cramps • Slightly elevated body temperature • Fast and shallow breathing	First Aid. This condition can lead to heat stroke, which can kill. • Have them rest in a cool, shaded or air-conditioned area • Have them drink plenty of water or other cool, nonalcoholic beverages • Have them take a cool shower, bath or sponge bath

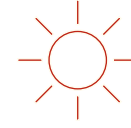
Heat Stress Related Illness



Heat Stroke



Illness	Symptoms	Recommended Actions
Heat Stroke	• Hot, dry skin or profuse sweating • Hallucinations • Chills • Throbbing headache • High body temperature • Confusion/dizziness • Slurred speech	• Call emergency contact and notify supervisor • Move the sick employees to a cool shaded area • Cool the employee using methods such as: • Soaking their clothes with water • Spraying, sponging or showering them with water • Fanning their body



Sun safety code

- Take care not to burn; it can take as little as 10 minutes.
- Cover up with loose clothing, ensure unprotected skin covered.
- Wear a wide brimmed hat or a safety helmet with a hanging flap which protects the back of the neck.
- Wash frequently to remove sweat.
- Seek shade during hottest part of the day, take breaks in the shade.
- Drink plenty of water frequently; in high heat drink 1 cup of water every 15 minutes.
- Apply high factor sunscreen generously and frequently to any parts of the body exposed to the sun; $\geq$ SPF 30 (UVA and UVB).
- Regularly check skin, look for any changed or newly formed moles or skin discolorations, especially around the nose, eyes, or on backs of hands. Consult a doctor if any moles grow, change or start to bleed.

When driving in hot weather:

- switch aircon on
- park in shaded areas
- use a sun shield over the windscreen
- cover metal parts of seat restraints to keep them from becoming too hot
- keep a container of water
- take regular breaks to maintain concentration levels
- carry moist wipes

Summer Working Guidelines – Videos

