Is it hot enough for you?

Lone workers need to be aware of how to prevent and treat heat-related illness.

During hot weather or manual work, sip water frequently – before you get thirsty.

Heavy sweating?

Move to a cooler location and sip a cool, non-caffeinated beverage.

Weakness?

Lie down and loosen your clothing.

Cold, pale and clammy skin?

Apply cool, wet cloths to as much of your body as possible.

Nausea or vomiting?

If vomiting continues, don't finish your shift. Seek medical attention immediately.

Heat-related illness is serious and it can happen to anyone. Prevent it by staying hydrated.



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These tips are taken from: http://www.cdc.gov/extremeheat/warning.html

www.KeepTruckingSafe.org

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