

Weekly Safety Tip

Heat Stroke Treatment

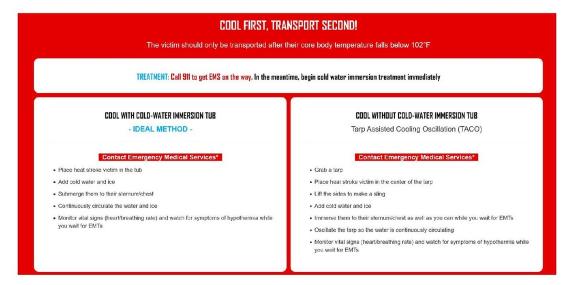


HEAT STROKE TREATMENT:



CALL 911 AND BEGIN TREATMENT IMMEDIATELY!





REMINDER: HEAT ILLNESS IS NOT A PROGRESSION!

You can have a heat stroke without displaying symptoms of other heat illnesses before it happens.



Safety Tips Source Acknowledgement:

DA Varwig for SCNWO

Weekly Safety Share



OSHA Resources to Stay Safe in the Heat



SAFETY & HEALTH SHARE

New OSHA Resources to Stay Safe in the Heat

Young Workers and Heat Illness

Heat is a serious workplace hazard

PLAN AND RESPOND TO A HEAT EMERGENCY

Safety in 5

OSHA has developed two new education resources for employers and workers.

The first resource is a <u>fact sheet highlighting young workers and heat illness</u> and the important precautions that this group of workers should take before starting their work in the heat, as well as what to look out for on the job.

According to data from the CDC, young workers experience higher rates of job-related injury than older workers.

As youth across the country begin their summer jobs and internships, learning about heat illness prevention is a **vital step for their safety.**

The second resource is a <u>short customizable conversation guide</u> for employers, managers, or supervisors to review with their workers.

The Safety in Five on Heat Emergencies is a 5-step, 5-minute conversation that employers can have with workers to plan and remind each other about the necessary actions to take in the event of a heat emergency.

The guide provides an opportunity to have meaningful conversations about planning, refreshing everyone's memory and concludes with a short guiz to reinforce the knowledge.

Watch Out for Signs of a Heat Emergency

HEAT EMERGENCY SIGNS

Abnormal Behavior / Difficulty Speaking / Seizures / Fainting / Heavy Sweating / Hot, Dry Skin



GET HELP! ACT FAST!

- Call 911 immediately
- Cool right away with water or ice
- 3 Remove extra clothing
- Give cool water to drink
- Do not leave alone

While some areas of the U.S. have already begun experiencing warm temperatures, the rest of the country is starting to heat up. OSHA encourages employers to download a copy of our <u>Heat Emergency Wallet Card</u>. This offers a quick overview of the signs of a heat emergency and what to do when one happens at work. Remember to act fast and never leave someone experiencing a heat emergency alone.









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