Whether working offshore on a platform or working at the warehouse shop, we all battle against the Gulf Coast heat and are at risk for heat illnesses. When in doubt remember: Water, Rest & Shade.

PREVENTION IS KEY - WHAT CAN YOU DO?

1 STAY HYDRATED
2 TAKE BREAKS
3 FIND SHADE

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When exposed to an extreme combination of heat and humidity, our bodies cannot cool itself properly. In addition, several risk factors increase your level of exposure, such as:

> Personal protective equipment
  > Duration of shift
> Nature of work performed
> Overall general health
  > Workload
If you experience the following symptoms, immediately report it to your supervisor, find shade, drink fluids and cool your body with water (sponge, spray or shower).

> Heavy sweating
> Weakness or dizziness
  > Pale skin
> Muscle cramping
  > Nausea
> Stomach cramps
  > Confusion
# Heat Cramps
- Loss of salt and water through sweat
- Muscle pains or spasms usually in the abdomen, arms, or legs

## Symptoms
- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness, Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Cool, moist skin
- Fast, weak pulse rate
- Fast, shallow breathing

## What To Do
1. Stop activity and rest in a cool, shaded area.
2. Drink water or a sports beverage.
3. Wait a few hours before returning to strenuous activity.
4. Seek medical attention if cramps don’t subside within 1 hour.
5. If you have heart problems or are on low sodium diet, seek medical care.

## Cause

## Source: [http://doh.sd.gov](http://doh.sd.gov)

# Heat Exhaustion
- Excess loss of water and salt through sweat

## Symptoms
- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness, Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Cool, moist skin
- Fast, weak pulse rate
- Fast, shallow breathing

## What To Do
1. Seek immediate medical attention if symptoms are severe or victim has heart problems or high blood pressure.
2. Help victim cool off with:
   - Water or sports beverage
   - Rest
   - Cool shower, bath or sponge bath
   - Air conditioned environment
   - Lightweight clothing
3. Seek medical attention if symptoms worsen or last longer than 1 hour.

## DO NOT GIVE VICTIM FLUIDS TO DRINK.

1. Call for immediate medical assistance
2. Help victim cool off by:
   - Getting victim to shaded area
   - Immersing in tub of cool water, placing in cool shower, spraying with cool water from garden hose or sponging with cool water.
3. Continue cooling until body temperature drops to 101 -102°F.

# Heat Stroke
- Total breakdown of body’s cooling system

## Symptoms
- Very high body temperature (above 103°F orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

## What To Do
1. Call for immediate medical assistance
2. Help victim cool off by:
   - Getting victim to shaded area
   - Immersing in tub of cool water, placing in cool shower, spraying with cool water from garden hose or sponging with cool water.
3. Continue cooling until body temperature drops to 101 -102°F.
#SAFESUMMER17
SAFETY UNDER THE SUN & AGAINST NATURAL DISASTERS

BEAT THE HEAT
PREVENTION IS KEY