

Hot Weather Safety Emergency Preparedness

All companies must have an evacuation plan in place. A disorganized evacuation can lead to confusion, injury and property damage. Employees should be notified immediately when an emergency occurs. Review the following safety tips on building evacuation with your employees.

Tool Box Tips

RECOGNIZING HEAT ILLNESSES

- High body temperature and rapid pulse.
- Profuse or no sweating.
- Seizure and unconsciousness.

SUN OVEREXPOSURE PROTECTION

- Wear long-sleeved, loose fit clothing.
- Use sunscreen with SPF of 30 or more.
- Wear a hat that protects the ears and neck.
- Wear sunglasses or safety glasses that protect your eyes against UVA and UVB radiation.

HEAT EXPOSURE RADIATION

- Drink small amounts of water frequently. Avoid alcohol, sugar and caffeine drinks.
- Eat small and light meals.
- Work in the shade as much as possible.

FIRST AID MEASURES

- Dial 911.
- Remove the victim from the hot environment.
- Remove the victim's extra or loose clothing.
- Provide him/her with small sips of water.
- Cool his/her face, arm pits and neck with a damp towel.
- Monitor breathing, elevate his/her legs and calm the victim.

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