

Did You Know...

“IT’S NOT THE HEAT, IT’S THE HUMIDITY”, IS MORE THAN A CLICHÉ’. IT’S A DANGER SIGNAL.

It’s true that when you sweat, perspiration evaporates and actually helps cool the body. But if you’re working in an environment that’s both hot and humid, that humidity can actually reduce the degree to which the body can lose heat by evaporation. The harder it is to cool off, the easier it is to suffer a **heat related illness**.

Be aware of the symptoms. Watch out for symptoms in yourself and your co-workers.

Drink Water. You need to drink one cup of cool water every 20 minutes, even if you are not thirsty.

Avoid alcohol and caffeinated drinks. Alcohol and caffeinated beverages such as tea, coffee and cola are diuretics and will dehydrate your body. These drinks should also be avoided the night before work as well.

Wear light, loose-fitting clothing. Wear clothes that allow sweat to evaporate. Light-coloured garments absorb less heat from the sun.

Know your personal risk factors. Any of the following conditions could increase your risk for heat-related illness: excessive weight, poor physical condition, previous heat-related illness, older age, heart disease, high blood pressure, recent illnesses and certain medications.



Review Black & McDonald Safety Handbook Section 5.19.2 Heat Stress

