MANUFACTURING SAFETY
Safety Training for the Manufacturing Industry

12.33 | Weather
MEETING DOCUMENTATION

MEETING DATE:

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ATTENDEES:

SAFETY REMINDER

Don't work alone in hot environments. Notify your supervisor immediately if you notice any symptoms of heat-related illness in yourself or your co-workers.

When It's Hot in the Plant

Ah, the lazy, hazy days of summer. For some, this means trips to the beach. But for most of us, we still have to come to work most of the time. And the high temperatures outside can raise the temperatures inside the plant. The result can be heat-related illnesses, like heat rashes, heat cramps, heat exhaustion, and—in some cases—even heat stroke.

The early symptoms of heat-related illness include: heavy sweating, headache, nausea or vomiting, dizziness, or a fast heartbeat. If you have these symptoms you need to cool down right away. Heat stroke is a medical emergency! The symptoms are confusion, fainting, seizures, excessive sweating or no sweating, or a very high temperature. Call 911 and get the victim cooled down.

Here are some strategies that can keep you healthy when the shop floor gets hot:

- Follow the general rules and guidelines of the plant's heat stress program.
- Use fans, ventilation, and air conditioning to help manage the temperature on the shop floor.
- If you're new to working in hot environments, gradually increasing your exposure time in heat can help your body adjust. Ask your supervisor if this is possible.
- Take frequent, short breaks in cooler, breezy, or air-conditioned areas.
- When you can, schedule very hot jobs in cooler parts of the day.
- Drink water to prevent dehydration: 1 cup every 15–20 minutes. Don't wait until you're thirsty. When you feel thirsty, you're already getting dehydrated.
- Make sure that you are fit enough to work in hot environments. Being in good shape will make it easier for your body to cope with the heat. You'll feel better and be more productive.
- Get the rest you need to stay healthy. If you are overtired or have even a mild cold, you may be more likely to suffer from a heat-related illness.
- Wear PPE that can help keep you cool, such as reflective aprons, or cool headbands or neck bands.

High temperatures also increase the risk of workplace hazards like gripping problems caused by sweaty hands, vision problems caused by fogged-up safety glasses, and falls caused by dizziness. Be smart in the heat. Take a break in a cool area and have a drink of water before the heat puts you in danger or makes you sick.

Notes

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