



## ***Proactive Health, hot weather management*** ***Too Hot? Know the Symptoms!***

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Cole Preferred Safety Consulting | Preferred Safety Products

Hot weather increases your chances of developing a heat-related, medical condition. These are common during the summer months. Below are some of the symptoms.

- **Heat Cramps:** symptoms include painful muscle spasms (or “Charlie horse”) usually following strenuous work. Some believe it’s salt loss, but dehydration is mostly to blame.
- **Heat Exhaustion:** symptoms include headaches, weakness, nausea, vomiting, fainting and pale, clammy skin. Disorientation or lethargy can be present too.
- **Heat Stroke:** symptoms can include dry, pale skin, no sweating, hot red skin, seizures and loss of consciousness

These are some of the things you can do to reduce the possibility of heat-related illnesses:

- Avoid wearing heavy clothing that will hold in body heat and make it difficult for perspiration to evaporate. Light and quick drying, light colors are best.
- Wear enough clothing to protect your skin from direct sunlight and prevent sunburn. Sleeved shirts and long pants. Wear hard hat and shade your neck and face.
- Perform the most strenuous work during the coolest part of the day and take frequent breaks in cool, shaded areas with air movement.
- Work in pairs and keep an eye on your partner. Watch for symptoms of heat-related illnesses.
- Avoid eating large meals before working in hot environments.
- Drink plenty of fluids, but avoid or limit caffeinated beverages.

Finally, check your urine. Yes, really! Urine should be light yellow, pale in color. If it’s getting darker, you are getting dehydrated. You are headed for trouble if you don’t increase your fluid intake. If you don’t urinate during work hours, you may be stressing your system. Solution? Lots and lots of liquids all day long.

To learn more about the dangers of heat in construction, follow this link to read our blog post.

<https://preferredsafety.com/heat-stress-in-construction/>

To view Preferred Safety Product’s heat stress products, follow this link.

<https://preferredsafety.com/product-category/ppe-hard-hats-accessories/>

Preferred Safety Products has been helping to protect workers in various industries for over 25 years. We supply employers and employees with innovative fall protection such as harnesses, lanyards, anchor points, PPE plus much more. We are industry leaders in supplying site-specific, custom fall protection systems. The owner, Barry Cole, has been a leader in the safety industry for more than 30 years, working for various companies and clients nationally and internationally to keep their employees safe. Give us a call today to find out how we can help protect your company.

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