

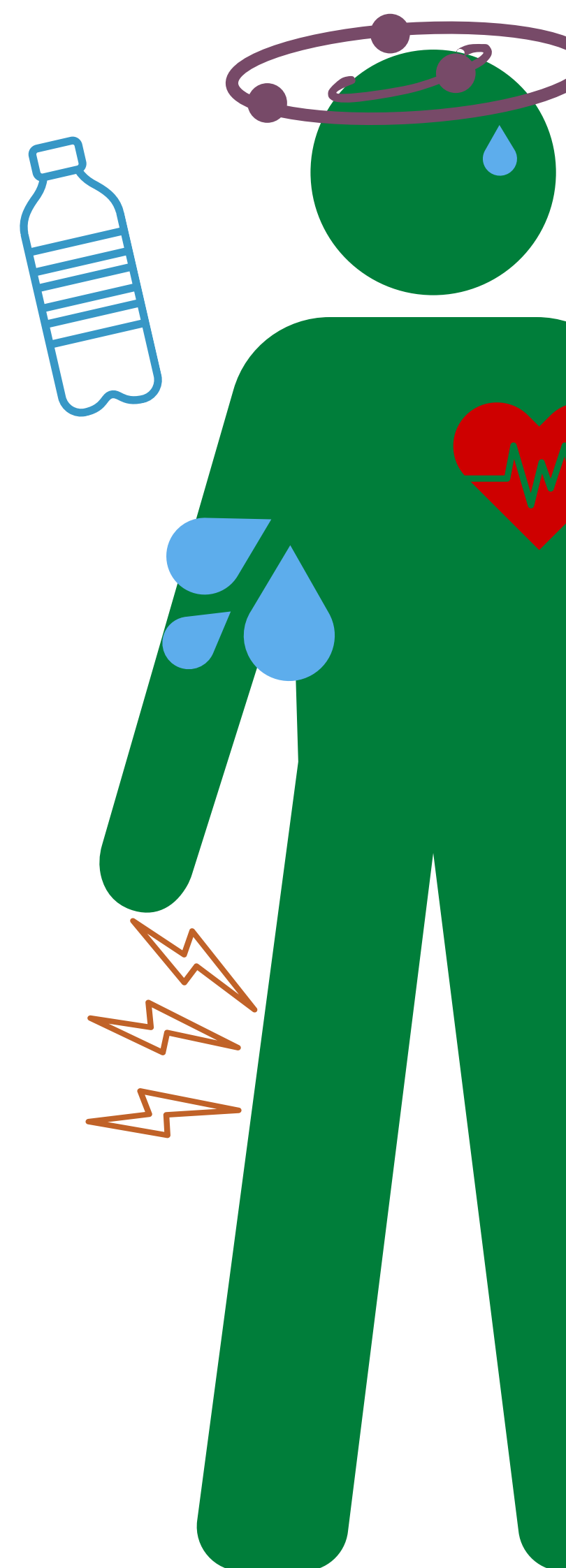
Heat Exhaustion



Heat exhaustion is a condition that usually develops gradually, and is caused by loss of salt and water from the body through excessive sweating.

Symptoms of heat stress are:

- Headache, dizziness, and confusion
- Nausea, thirst, and loss of appetite
- Sweating with pale, clammy skin
- Cramps in the arms, legs, or abdominal wall
- Rapid, weakening pulse and breathing



Prevention

- Drink more fluids, preferably water and isotonic drinks.
- Check the temperature of the area before work starts
- Take adequate rest breaks
- Look out for early symptoms of heat stress by carrying out buddy checks with coworkers.

Most cases of heat exhaustion can be solved by re-hydrating, taking a break, and moving to a cooler area. However, heat exhaustion can progress to heat stroke, which needs to be treated by medical professionals. Seek medical help if symptoms don't improve.

Suitable working temperatures:

- | | |
|-------------------|--|
| 32°C- 40°C | Effects are likely if exposure is prolonged. Isotonic drinks at regular intervals are recommended, and regular breaks should be taken. |
| 40°C- 50°C | Fluids will be lost rapidly, and exposure should be kept to a minimum. Isotonic drinks/ water must be taken regularly. |
| 50°C+ | The area shouldn't be entered until it's been cooled. |

"Safety is a core value and business priority"



West Fraser