

CONSTRUCTION WORK



EXTREMELY HOT TEMPERATURES

— ILLNESS & — FATALITIES

Working in construction often means working in extremely hot temperatures.

Wearing the appropriate clothing and gear for the temperatures and knowing the signs that can trigger a medical emergency.



HEAT EXHAUSTION

- Body is **dehydrated**.
- Can **lead to heatstroke**.
- **Signs and symptoms** include a rapid heart rate; excessive sweating; extreme weakness or fatigue; dizziness; nausea, vomiting; irritability; rapid, shallow breathing and a slightly elevated body temperature.

HEATSTROKE

- Body **cannot control its temperature**.
- **Temperature rises rapidly**, sweating mechanism fails, and the body is **unable to cool down**.
- Can result in **permanent disability or death**.
- **Signs and symptoms** include high body temperature; confusion; loss of coordination; hot, dry skin or profuse sweating; throbbing headache and seizures or coma.

PREVENTION

- **Choose lightweight, loose-fitting clothing.**
- **Pace yourself.**
- **Wear sunscreen.**
- **Avoid hot and heavy meals.**
- **Drink plenty of fluids.**
- **Stay away from very sugary or alcoholic drinks.**
- **Replace salt and minerals.**
- **Learn the signs and symptoms of heat-related illnesses and how to treat them.**