



# ASHA Inc

# American

## Safety & Health Associates

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### **Avoid Heat Stroke & Save a Life**

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Heat can kill...quickly...especially with direct sunlight and high humidity. Humidity increases the heat index or the humidex which makes the effect of the heat more intense.

Please, avoid heat stroke. How? Use Rest, Water and Shade .... And do these things:

- 1) Avoid overexposure
- 2) Stay hydrated
- 3) Monitor and manage

Avoid overexposure. Reduce the time and the intensity of exposure to heat and other heat stress factors. How? 1. Use Engineering controls e.g. ensure shading, ventilation, periods of recovery in cool areas like an air conditioned truck and use of light colored light weight breathable clothing. Let machines do the heavy work if possible. 2. Use Administrative controls reduce time of hottest, heaviest work.

Assess heat stress. Consider all risk factors such as time of exposure, direct sun, heavy exertion, humidity, enclosed spaces, poor ventilation, black asphalt, nearby steam or fire. Also consider personal factors such as age, health, fitness, medication, medical conditions which affect the heart, lungs blood pressure etc.

Stay hydrated by drinking sufficient water frequently e.g. 4 to 6 ounces of cool water every 20 minutes. Eat moderate amounts of food with some salts (potassium and magnesium etc. with moderate sodium) and avoid alcohol, caffeine and excess high sugar drinks. Account for any diuretic medications.

Acclimatize. Do not let people do too much too soon. Let their bodies gradually adjust to increasing work time, intensity and heat exposure over 1 or more weeks. They may be able to do only ½ their normal job the first day under intense heat and they may need 5 to 7 consecutive days to gradually increase their exposure. Account for lack of acclimatization and both personal and job risk factors

Monitor and manage. Have workers, “buddy up” or work together and observe each other for signs of heat exhaustion and warn anyone and a supervisor if signs appear. Warning sign include dizziness, unreasonable irritability, heart pounding, chills, dry lips and skin, fainting, red hot skin and profuse sweating that suddenly quits. Quickly cool drench and fan a person who goes into heat stroke and get an ambulance.

This is a life and death issue. Heat Stress management can literally save a life.

NOTE: Have ASHA write your Safety Management Program, do your Training & Consulting. Get \$500 off.  
Contact Terry Welsh of ASHA Safety at 517 927-3177

**Sustainable Profits require Safety, Compliance & Quality; all are Attainable**

**“A visit from ASHA makes a visit from OSHA become a walk in the park”**