

HSE Communications

Heat Stress

11-June-2022



HSE Communications

Heat Stress

Heat is Dangerous !!

In 2015, About 2000 persons have died in the state of Andhra Pradesh, India due to strong heat wave

1. Human bodies naturally maintain temperatures between 36°C and 38°C
2. As the surrounding temperature increases, the body will find it's more difficult to lose heat.
3. At this point heat stress could happen when the body fails to maintain the proper temp

Heat stress could lead to:

- Inability to concentrate
- Muscle cramps
- Heat rash
- Fainting
- Heat exhaustion
- Dehydration
- Heat stroke
- Loss of consciousness



HSE&S Department

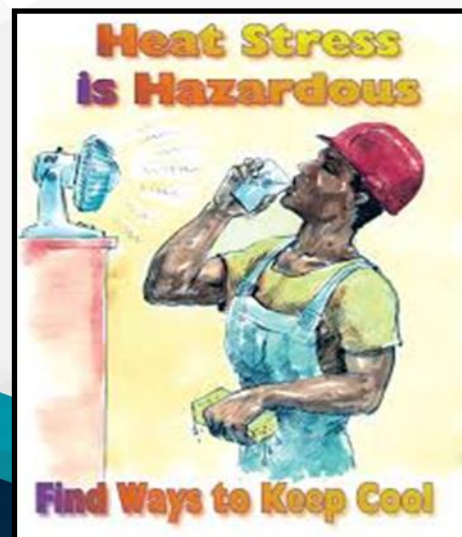
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Heat Stress

How to control Heat Stress

1. Schedule extreme hot jobs in the cooler part of the day including outdoor activities which required intensive physical effort s
2. Plan work rest on regular intervals
3. Use ventilation when applicable
4. Reduce metabolic rate. Use mechanical assistance when applicable
5. Try to work and stand in shaded areas
6. Don't wait to feel thirsty . Drink plenty of water on regular basis.
7. Watch your self including urine color
8. Use employee rotation whenever possible
9. Avoid lone working.
10. Use cotton clothing and ventilated PPE (Personal Protective Equipment).
Wear long sleeves .
11. Ensure proper awareness of employees and avail relevant first aid measures.

Stay Safe



BEAT THE HEAT

Water To Go

Take a bottle of cold water with you when you're out and about.



Avoid

Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.



Be Cool

Make use of fans or air-conditioners set to cool.



Rest

Make sure you get enough sleep and rest if you feel tired.

Dress Down

Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.



Soak

Take a cool shower or bath to help you cool down when you feel hot.



Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

Enjoy

Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.

