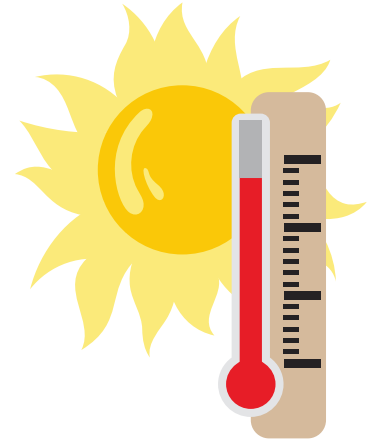


HEAT ADVISORY

The National Weather Service has issued a heat advisory for our area. The combination of hot temps and high humidity creates a situation in which heat-related illnesses are possible for those performing strenuous work outside or hot indoor environments. Multiple, consecutive days of exposure increases the risk of illness.

Risk Management & Safety recommends that departments and supervisors familiarize themselves with the signs and symptoms of heat-related injuries and take proactive steps to minimize the risk to employees.



RECOMMENDED ACTIONS

STAY COOL

- Schedule strenuous activities at a time when the heat index is lower
- Schedule frequent breaks in cool, shaded areas
- Encourage workers to wear sunscreen and light, loose-fitting clothing

STAY HYDRATED

- Drink water often (about 4 cups per hour)
- Avoid caffeinated beverages

STAY ALERT

- Review signs/symptoms of heat-related illnesses and prevention in pre-shift meetings
- Use the Buddy System, monitor yourself and each other for signs of heat-related illnesses
- Immediately report possible heat-related illnesses to supervisors and have employees seen at the Notre Dame Wellness Center



Heat Illness

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
• Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses		CALL 9-1-1 • Take immediate action to cool the person until help arrives