

Tomkins' January 2018 Safety Month Focus is

Beat the Heat.

STAY HYDRATED

- start work in a well-hydrated state
- drink to keep pace with sweat losses (one litre of water per hour in summer)
- avoid sugary or caffeinated drinks that can cause dehydration

REDUCE EXPOSURE

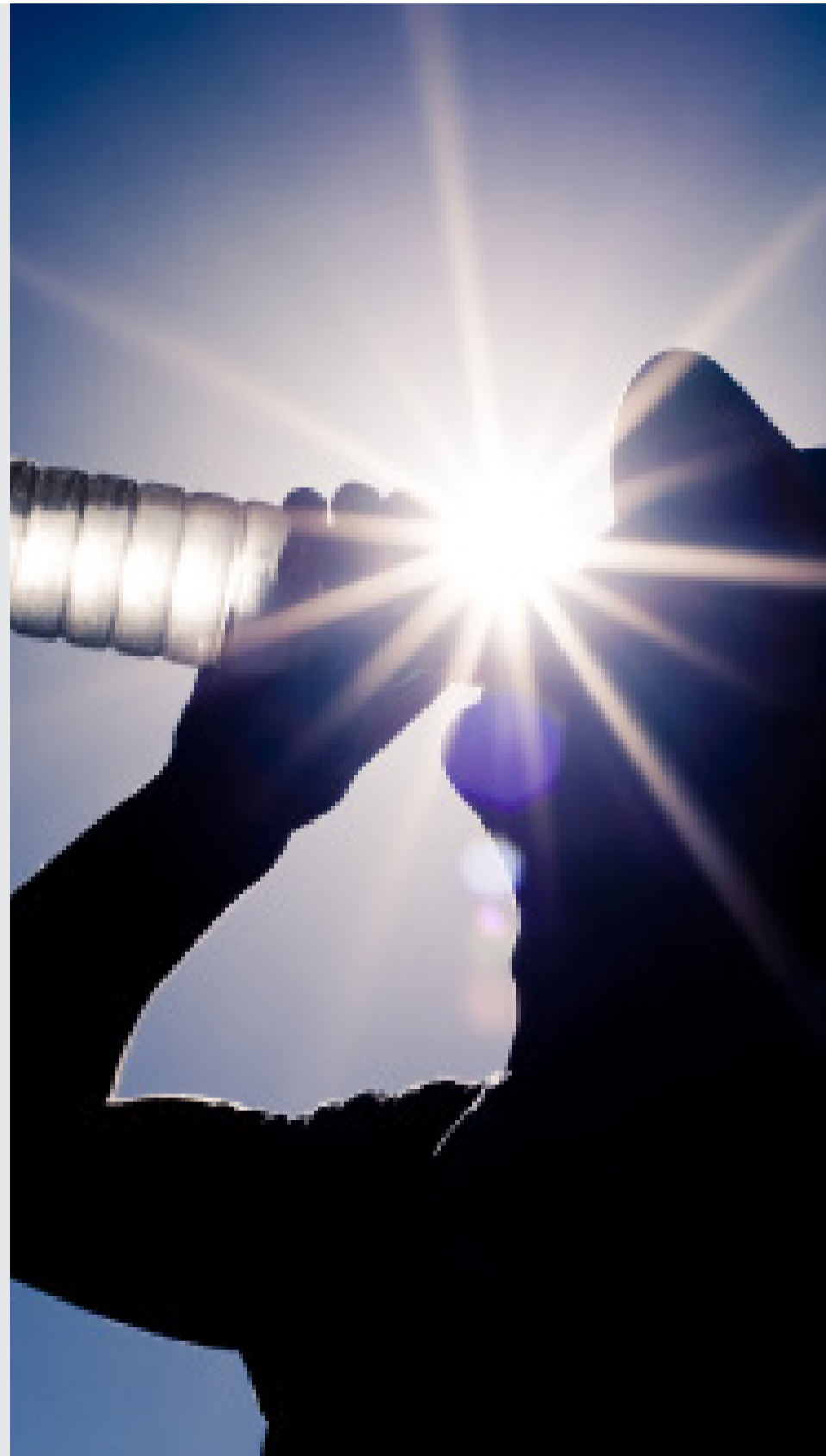
- reduce radiant heat emissions from hot surfaces and plant equipment (e.g. through insulation and shielding)
- use ventilation and air-conditioning

DRESS APPROPRIATELY

- loose fitting clothing promotes good air circulation

REST

- have regular cooling off or rest periods



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HEAT STRESS occurs when your body is unable to cool itself sufficiently and body temperature rises. **Look out for these symptoms:**

Heat rash is an intense, itchy red skin rash that results when sweat ducts to become blocked. Treat by keeping your skin dry, wearing suitable clothing and avoiding hot and humid conditions.

Heat cramps affect people who have sweat through strenuous activity, typically affecting the abdomen, arms or legs. They may be an early symptom of the more severe heat exhaustion. Seek medical attention if cramps continue for more than one hour.

Heat exhaustion is a serious condition that can develop into heat stroke. It is the body's response to loss of fluid and salt due to sweating.

Heat stroke is a medical emergency, caused by a rise in core body temperature. A person suffering heat stroke becomes confused, and may stagger or collapse. The skin may be either dry or wet.



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