

# United's Guide On HOW TO STAY SAFE IN THE HEAT

Enjoy the sunny days while staying safe and protected at our sites !



## HEAT STROKE

A condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability.

### Symptoms-

High body temperature, Confusion  
Loss of coordination, Hot, dry skin or profuse sweating, Throbbing headache, Seizures, coma

## PROTECT YOURSELF

Avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these cannot be avoided, take the following preventative steps:

## HEAT EXHAUSTION

The body's response to an excessive loss of water and salt, usually through sweating.

### Symptoms-

Rapid heart beat, Heavy sweating, Extreme weakness or fatigue, Dizziness, Nausea, vomiting  
Irritability, Fast, shallow breathing, Slightly elevated body temperature

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Avoid non-breathable synthetic clothing. Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks when doing heavier work, and in high heat and humidity. Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.

## HEAT CRAMPS

Affect workers who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels.

### Symptoms-

Muscle cramps, pain, or spasms in the abdomen, arms or legs



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