



Working in Hot Weather

05 July 2013



Did You Know?



- Your body is made up of 60% water
- 2 ½ litres of water are lost every day through normal activity
- If you are performing a manual job in hot weather, you will probably be losing twice this amount - i.e. 10 pints of water

Common Sense

- Fluid intake should match sweat loss
- On hot days, you should aim to be drinking at least ½ litre of water an hour
- Sip water, don't gulp....swallowing air can trigger stomach cramps, and make you very uncomfortable
- If you become dehydrated, your body temperature will rise, and you are then at risk of developing Heat Exhaustion

Signs & Symptoms Of Heat Exhaustion

- Radiant heat in the face
- Headache, dizziness, confusion, nausea
- Pale, cold sweating skin
- Rapid breathing
- Muscle cramps
- Weakness and exhaustion



Treatment

- Move the person to a cool environment
- Cool them down with tepid sponging
- Give small amounts of cool fluid
- Remove heavy clothing
- If left untreated, heat exhaustion can lead to heat stroke, which is life threatening

People At High Risk

- Young children or over 65's
- People who are overweight (they retain more heat)
- People with Heart disease or High Blood Pressure

Remember

- Keep hydrated (½ litre of water or sports drink an hour) will replace fluids and salt lost through sweating
- Don't drink sugary drinks, they cause you to lose more fluid
- Wear lightweight loose fitting clothes
- Rest in the shade
- Be alert and keep an eye on your colleagues
- Wear sunscreen (at least factor 15)

For further information
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