

Mishap Prevention Brief

45th Space Wing Safety



Expires: 1 June 01

HEAT STRESS

IT'S A MATTER OF DEGREES

Working in the heat is hard as it can create several safety risks.

- It may make you sick, and can even be fatal.
- It can make you short-tempered, inattentive, dizzy and slow; all of which are threats to working safely.
- Sweat can make your hands slippery. It can also run into your eyes or eyewear and obscure your vision.

Here are some tips to help prevent *HEAT STRESS*:

Get used to the heat gradually--Drink water often

Take frequent rest breaks --Keep your meals light and cool

Dress lightly--Watch for heat stress in yourself and your fellow worker