



Working in the Heat

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems. Staying hydrated and wearing proper sun protection are crucial when exposed to these elements. At some point, we've all been burned by the sun. A sunburn is the effect of ultraviolet radiation on the skin. The UV light shines down on us every day. It is what we love about the summertime. But now there's less protective ozone in the atmosphere and the risk of exposure has increased. UV rays are more powerful than visible light rays. Sunlight is the main source of UV radiation and is known to damage the skin and cause skin cancer. Exposure to the sun's UV radiation is highly preventable. The more time you spend in the sun without UV protection, the higher your risk becomes of developing skin cancer. In addition to cancer, UV radiation can cause dehydration, eye damage, and premature aging of the skin. When you work in the sun, especially in the spring and summer, it is extremely important to minimize the hazards of UV exposure, protect your skin, and drink a lot of water.

Protection:

- **Eye Protection:** Wearing tinted safety glasses will help to block out and decrease UV radiation on the eyes
- **Skin Protection:** Applying sunblock can help prevent damage from the sun. However, wearing long sleeves and neck shades will eliminate the exposure completely.
- **Heat Protection and Staying Hydrated:** Drinking plenty of water and having cooling towels on hand when directly exposed to the sun can help relieve the heat and maintain hydration.



Know The Signs Of Heat Exhaustion

	HUMIDITY		TEMPERATURE
Headaches, heavy sweating, cold, moist skin, chills, dizziness or fainting, weak or rapid pulse, muscle cramps, fast and shallow breathing, nausea, vomiting or both.	70%	DANGER	100°F 37.8°C
	60%		95°F 35°C
If you experience the signs of heat exhaustion, move to a cooler place, stop exercising and cool down immediately.	50%	CAUTION	90°F 32.2°C
	40%		85°F 29.4°C
	30%		80°F 26.7°C
			LESS HAZARDOUS

DID YOU KNOW: Outdoor workers, on average, are exposed to TEN TIMES more UV radiation than those who work indoors. In our line of work UV radiation is very prominent. Therefore, precautions should always be taken when exposed.