

Beware of Extreme Temperatures

In construction, working outdoors in all sorts of weather is just part of the job. Because you can't stop working when it gets hot or cold, it's important to know how to protect yourself and what to do if someone on your crew gets a temperature-related illness.

HEAT-RELATED INJURY

Heat exhaustion—

symptoms include:

- * fatigue
- * weakness
- * cramps
- * sweating
- * dizziness
- * sweaty, clammy, pale skin
- * giddiness
- * nervousness
- * fainting
- * nausea
- * vomiting

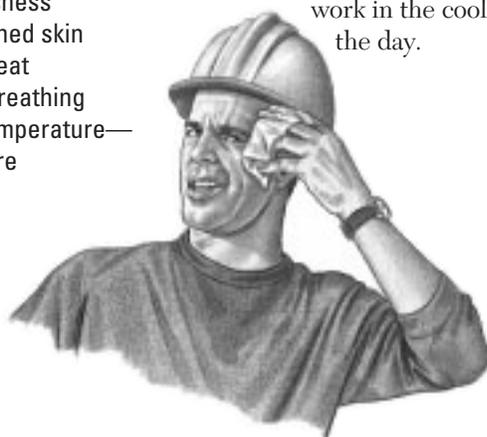
What to Do

- Get the person to a cool spot and give him or her cool water.
- Loosen the person's clothes and then sponge his or her body with cool water.
- If the person is vomiting or unconscious, take him or her to a hospital immediately.
- Massage cramped legs, arms or abdomen.
- Give a half teaspoon of salt dissolved in a cup of water.

Heatstroke—

symptoms include:

- * confusion
- * delirium
- * unconsciousness
- * hot, dry, flushed skin
- * rapid heartbeat
- * loud, rapid breathing
- * high body temperature—
105° F or more
- * dizziness
- * headache
- * convulsions



What to Do

- Call an ambulance immediately.
- Cool the victim by placing in a tub of cool water, or wetting him or her with a hose or wet cloths.
- Massage the victim's hands and feet to distribute circulation.

Prevent heat-related injury by:

- starting work slowly.
- drinking cool water frequently—
at least 8 ounces every 20 to 30 minutes.
- avoiding alcohol and carbonated drinks which can cause cramps.
- taking frequent rest breaks to cool down.
- wearing light-colored, loose, light-weight clothing.
- working in the shade if possible.
- wearing a hat if you work in the sun.
- paying attention to how you feel.
- paying attention to the appearance and actions of your coworkers.
- doing your heaviest, hardest work in the coolest part of the day.

COLD-RELATED INJURY



Hypothermia—

symptoms include:

- * uncontrollable shivering
- * cool, pale skin
- * slow pulse
- * confusion
- * weakness or drowsiness
- * apathy
- * cold abdomen

What to Do

- Get out of the cold.
- Remove cold, wet clothes and dry off.
- Drink warm fluids and eat high-energy foods.
- Cover up with blankets.
- Seek medical attention.

Prevent hypothermia by:

- dressing in warm layers.
- wearing windproof clothing.
- choosing clothes that stay warm when wet, such as wool or polypropylene.
- wearing a warm hat.
- seeking shelter often.