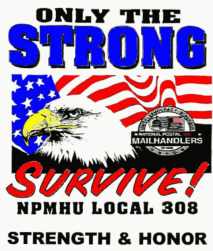




## THE BREAKDOWN



### Union

### Representatives

### Local President

**Frank Phillips**

### Branch President

**John Gibson**

### Chief Stewards

### T-1

**Jeanette Lanza**

### T-2

**Louis Morrone**

### T-3

**Joyce Rogers**

### Reg. Stewards

### T-1

**Stephanie Geter**

### T-2

**Mike Myles**

**Rob Singleton**

**Joe Zelenenki**

**Gary Simmons**

### T-3

**Mike Mohan**

**Robert Hall**

**Robin Fowler**

### Alt. Stewards

### T-2

**Sandra Dudley**

**Velma Jackson**

**Keith Johnston**

**Jeanne Gladilina**

**Joseph Zeuggin**

**Vol. XXIV**

**2007**

## OSHA QUICK CARD™

### Protect Yourself Heat Stress



When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

#### Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

#### Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

#### Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

#### Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

#### What to Do for Heat-Related Illness

- Call 911 (or local emergency number) at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

For more complete information:

**OSHA** Occupational Safety and Health Administration  
U.S. Department of Labor  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA

OSHA 3154 OTR-06

