



SUMMER HEAT PROTECTION

Heat stress for truck drivers can typically be an afterthought. You can quickly lose too much fluid or salt by sweating excessively, which can result in a heat related illness such as heat cramps, heat exhaustion or a heat stroke. It's important to know the signs and symptoms of heat exposure and proper treatment methods.

Heat Stroke – occurs when the body is unable to control its temperature and can cause death or permanent disability. Symptoms include a high body temperature, confusion, loss of coordination, hot/dry skin or profuse sweating, throbbing headache, seizure or coma.

First Aid

- * Request immediate medical assistance. * Move to a cool, shaded area
- * Remove excess clothing and apply cool water to your body * DO NOT drink fluids

Heat Exhaustion – body's response to excessive loss of water & salt through sweating. Symptoms include rapid heartbeat, heavy sweating, extreme weakness or fatigue, dizziness, vomiting, fast shallow breathing.

First Aid

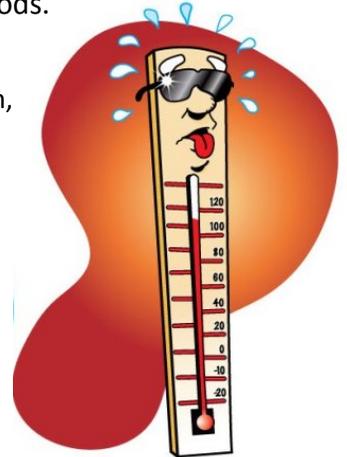
- * Rest in a cool area * Drink plenty of water or other cool (not cold) beverage
- * Take a cool shower or bath

Heat cramps - may be the first sign of a heat illness & affect workers who sweat a lot during strenuous activity. Symptoms are painful muscle cramps and spasms usually in legs and abdomen and also heavy sweating.

First Aid

- * Stop all activity and sit in a cool place * Drink clear juice or a sports beverage or drink water with food
- * Do not do any more strenuous work until cramps subside

Protect Yourself – avoid heavy exertion and sun exposure when possible. Wear light-colored, loose-fitting, breathable clothing such as cotton. When you are in a loading dock and cannot keep your ignition on to run the AC, a portable fan can provide a gentle breeze to maintain a comfortable temp in the cab. Damp towels on your neck can also help regulate your body temperature. Drink water frequently ... drink enough water that you never become thirsty. At the end of the day, a cool shower will lower your body temperature and prevent overheating.



... is the lucky winner of the gift card this month for turning in his signed newsletter.

Due to the new Illinois fuel tax, we are currently working with Pilot/Flying J to help offset the additional cost.

Please remember that Illinois fuel could be higher priced than surrounding states due to this new tax.

If you have questions about fuel prices, you can contact Bonnie in the office.

Thank you!

I have read and understand the above information regarding "Summer Heat Protection".

Signature

Date

