



# Prep4Summer

This summer we need to look out for each other and highlight dangers to make sure that we all get home safely every day. The TSA have produced a number of safety briefs and material to support you

HEAT EXHAUSTION	HEAT STROKE
<p><b>SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>• Faint or Dizzy</li> <li>• Headache</li> <li>• Profuse Sweating</li> <li>• Irritability</li> <li>• Weak, Rapid Pulse</li> <li>• Shallow Breathing</li> <li>• Pale, Cool, Clammy Skin</li> <li>• Nausea or Vomiting</li> <li>• Muscle Cramps</li> </ul> <p><b>TREATMENT</b></p> <ol style="list-style-type: none"> <li>1. Have casualty lie down in a cool shaded area or air conditioned area.</li> <li>2. Drink water if casualty is conscious.</li> <li>3. Use caution when casualty stands up, apply cold compress.</li> </ol>	<p><b>SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>• Absence of Sweating</li> <li>• Pulsating Headache</li> <li>• Hot, Red, Dry Skin</li> <li>• High Body Temp: Above 103°F</li> <li>• Nausea or Vomiting</li> <li>• Strong, Rapid Pulse</li> <li>• Confusion</li> <li>• Convulsions</li> <li>• May Lose Consciousness</li> </ul> <p><b>TREATMENT</b></p> <p><b>1. DIAL 999 / 112</b></p> <ol style="list-style-type: none"> <li>2. Take action to cool casualty by any means. Please casualty in a cool area. Wrap in wet towel, sponge casualty with cool water.</li> </ol>



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## PROTECT YOUR EMPLOYEES FROM HEAT STRESS

**Prep4Summer**  
Health and Wellbeing



**Track Safety Alliance**  
*Bringing rail safety together*

**COOLING AIDS**  
Cooling Towels,  
Cooling Crowns,  
Cooling Brow Pads,  
Cooling Vests,  
Ice Pack.

**FREQUENT BREAKS**  
Allow yourself time to cool off.

**AVOID EXPOSING WORKERS TO HIGH TEMP & HUMIDITY ENVIRONMENTS**  
for prolonged amounts of time.

**STAY HYDRATED**  
You need to replenish fluids lost by sweating.



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Looking out for each other this summer

## Prep4Summer Campaign

