

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

Protect your workers from

HEAT STRESS

Working in **high temperature & high humidity** can lead to **serious illness**

HEAT STRESS	HEAT EXHAUSTION	HEAT STROKE
Heat rash Muscle cramps Severe thirst	Nausea & vomiting Cold clammy skin Headache	Hot dry skin Convulsions Loss of consciousness
TREATMENT Sit in the shade Reduce workrate Drink water	TREATMENT Lay victim in a cool place Apply wet cloth Fan or seek aircon	TREATMENT SEEK MEDICAL ASSISTANCE Meanwhile... Check airways/ breathing if unconscious Wrap in wet sheets Recovery position Remove outer clothing
30%+ Humidity 80°F 26.7°C	40%+ Humidity 85°F 29.4°C	60%+ Humidity 95°F 37.8°C

The UK's HSE recommends using specialised personal cooling systems or cooling fabrics.

- 1 HEAD & NECK COOLERS
TARGET EXPOSED SKIN
- 2 COOLING VESTS
TARGET VITAL ORGANS
- 3 WRIST WRAPS
TARGET MAJOR BLOOD FLOW

Stay cool. Stay safe.

Looking out for each other this summer

Prep4Summer Campaign

