

Battle the Heat, Let it not Defeat Workers



Provide medical help in case of emergency



Altered mental sensorium
with disorientation



Hot, red
and dry skin



Body temperature
≥ 40 °C or 104 °F



Throbbing
headache



Nausea and
vomiting



Muscle weakness
or cramps



Anxiety, dizziness,
fainting and light
headedness

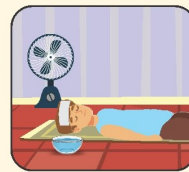


Rapid heart beat
and Rapid,
shallow breathing

First aid steps in case of heat illness



Rest in shaded area,
offer water



Lie down with raised
feet, sponge with tap
water, offer water

**Take the affected worker to
Nearest hospital or call an ambulance**



- If worker is unconscious, don't try to give anything to drink or eat
- If the worker is alert and awake, provide frequent sips of cool water or fluids like ORS solution
- Remove safety gear
- Loosen their clothing while maintain their dignity
- Slowly splash or sponge with tap water
- Increase the air flow by using a fan
- In case of vomiting, turn the worker onto their side to avoid choking

People at risk ▶



Safeguard Workers from Heat



Provide safe working environment



Cool drinking
water facility



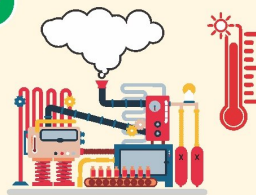
Timely
medical care



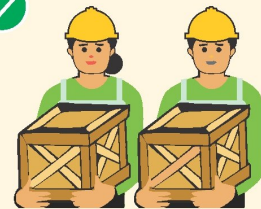
Frequent breaks in
comfortable rest area



Cool and comfortable
area for child care



Insulate and shield
hot equipment



Assign additional
workers or slow down
work pace

Administrative measures

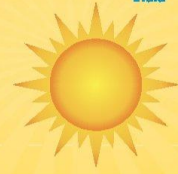
- Schedule mandatory breaks for those working under direct sun
- Schedule strenuous and outdoor work for cooler time of the day i.e morning or evening hours
- Ensure that baby care / crèche center has cool drinking water proper shade, cooling mechanism and ORS solution
- Start a buddy system to monitor health of workers



People at risk ▶



Symptoms of heat related illnesses



**Be alert, remember the symptoms
And take precautions**



**Hot, red
and
dry skin**



**Body
temperature
 ≥ 40 C or
104 F**



**Nausea
and
vomiting**



**Throbbing
headache**



**Muscle
weakness
or cramps**



**Rapid shallow
breathing
and rapid
heart beat**



**Anxiety,
dizziness,
fainting &
light headedness**

If you or others feel unwell



**Hydrate
yourself**



**Move to
cooler
place and
take rest**



**Take
cool
shower**

Visit doctor or call ambulance



**Heat cramps
lasts more than
one hour**



Unconscious



**Body temperature
 $\geq (40^{\circ}\text{C or } 104^{\circ}\text{F})$**



**Symptoms
get worse**



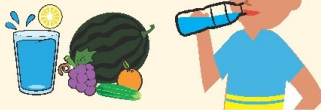
People at risk ▶



Beat the Heat



Do's



Stay hydrated



Stay covered



Block direct sunlight



Remain indoor
during 12:00 PM – 04:00 PM

Don'ts



Avoid going out
12:00 PM - 4:00 PM



Avoid strenuous
activity in Sun



Don't leave kids and
pet unattended in vehicle



Avoid alcohol, tea, coffee,
high sugary drinks and fizzy drinks



Avoid cooking
2:00 PM - 4:00 PM



Don't walk barefoot

People at risk ▶





Children love playing in the Sun heat should not spoil their fun

Symptoms of heat related illness



Fainting



Muscle cramps



Seizures



Irritability



Headache



Increased sweating



Weakness,
dizziness



Acts or talk
confused



Fast breathing
and heartbeat



Nausea and
vomiting



Difficulty in
waking up or
can't wake up



Body temperature
rises to 105°F
(40.5°C) or higher

Be careful when child is



Walking/cycling in Sun



School assembly



Playing barefoot in Sun

First aid measures



Bring the child
indoors or
into the shade
immediately



Loosen their
clothing while
maintaining
their dignity



Have the child
lie down with
slightly raised
feet



Use fan to
increase
airflow



Sponge with
tap water



If the child is
alert and awake,
provide frequen
sips of cool,
clear fluids



If the child
vomits, turn
them onto their
side to prevent
choking



If child is
unconscious,
don't give
anything to
drink/ eat

Prevention



Stay
hydrated



Cover
your self



Play
in sun



Don't lock
cars with
kids inside

If your child has any
of severe symptoms
immediately visit nearest
health care centre or
call ambulance



People at risk

