



## Protect workers from heat stress

- ⇒ **Know the symptoms!**  
Muscle cramping is often the first sign.
- ⇒ **Heat exhaustion:** Heavy sweating; weakness; cold or clammy skin; fast but weak pulse; fainting.
- ⇒ **Heat stroke:** High body temperature; hot, red, dry or moist skin; rapid but strong pulse; loss of consciousness
- ⇒ **Know what to do!**  
Notify your supervisor. Move to a cooler location and loosen clothing. If heat stroke is suspected, do NOT give fluids and call 911 immediately.

### WATER. REST. SHADE.

The work can't get done without them.



[www.osha.gov/SLTC/heatillness](http://www.osha.gov/SLTC/heatillness)



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*Safety* : It's Everybody's Job

## Summer Safety Highlights

### Working in the Sun? Safety tips to remember:

- \* **Drink** plenty of water and electrolyte liquids to replace fluids lost from perspiration. Keep hydrating even if you do not feel thirsty.
- \* **Try to avoid direct sun exposure** from 10 a.m. to 4 p.m. when the sun's rays are most intense.
- \* **Wear** light, loose-fitting cotton clothes
- \* **Wear sunscreen** that has an SPF (Sun Protection Factor) of at least 15.
- \* **Reapply sunscreen** every 2 hours, or more frequently if you are sweating.
- \* **Don't forget about your eyes!** Choose sunglasses that fully protect against both UVA and UVB rays.



### Working outside? Watch out for bugs...



**Mosquitoes** can carry diseases, such as West Nile Virus, which can lead to serious health effects. The risk of being bit by mosquitos increases during times of high activity, such as dusk and dawn.

*Did you know..?* High temperatures provide a breeding ground for the West Nile virus. Drought limits water supplies, forcing animals, birds and mosquitos to share water and, consequently, the virus.

Ticks can spread Lyme disease and Rocky Mountain spotted fever.

**Also watch out... for bees, wasps, hornets, and yellow jackets!**

#### Take some preventative measures:

Before venturing outside, apply insect repellent containing DEET to exposed skin and clothing. Wear protective clothing such as pants and long-sleeved shirts that cover the skin. Check yourself (and pets) for ticks after you've been outside.

