

PREVENTING **HEAT**-RELATED ILLNESS

— ON THE JOB

*SPONSORED ADVERTISEMENT



ACCORDING TO THE MAYO CLINIC, CAUSES OF HEAT ILLNESS CAN INCLUDE EXPOSURE TO HIGH TEMPERATURES, PARTICULARLY WHEN THERE IS ALSO HIGH HUMIDITY, AND STRENUOUS PHYSICAL ACTIVITY.



Heat related illnesses, or heat stress, occur when your body is not able to effectively cool itself. This is a very serious matter. According to the Mayo Clinic, causes of heat illness can include exposure to high temperatures, particularly when there is also high humidity, and strenuous physical activity. Other factors include working in direct sunlight or where there is limited air movement; working around hot equipment or outdoors where there is reflected heat off the ground, and the PPE being worn.

KNOW THE SIGNS

Heat can cause serious and potentially fatal health problems such as heat exhaustion and heat stroke, trigger sudden events like heart attack or stroke, or worsen existing medical conditions like kidney or lung disease.

The three stages of heat emergencies are heat cramps, heat exhaustion, and heat stroke. All three stages are serious. There are warning signs of what to look for and what to do, according to the Centers for Disease Control and Prevention.



THE THREE STAGES OF HEAT EMERGENCIES

HEAT CRAMPS

WHAT TO LOOK FOR

- ✓ Heavy sweating during intense exercise
- ✓ Muscle pain or spasms

WHAT TO DO

- ✓ Stop physical activity and move to a cool place
- ✓ Drink water or a sports drink
- ✓ Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- You have heart problems
- You're on a low-sodium diet
- Cramps last longer than 1 hour

HEAT EXHAUSTION

WHAT TO LOOK FOR

- ✓ Heavy sweating
- ✓ Cold, pale, and clammy skin
- ✓ Fast, weak pulse
- ✓ Nausea or vomiting
- ✓ Muscle cramps
- ✓ Tiredness or weakness
- ✓ Dizziness
- ✓ Headache
- ✓ Fainting (passing out)

WHAT TO DO

- ✓ Move to a cool place
- ✓ Loosen your clothes
- ✓ Put cool, wet cloths on your body or take a cool bath
- ✓ Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT STROKE

WHAT TO LOOK FOR

- ✓ High body temperature (103°F or higher)
- ✓ Hot, red, dry, or damp skin
- ✓ Fast, strong pulse
- ✓ Headache
- ✓ Dizziness
- ✓ Nausea
- ✓ Confusion
- ✓ Losing consciousness (passing out)

WHAT TO DO

- ✓ Call 911 right away - heat stroke is a medical emergency
- ✓ Do not give the person anything to drink
- ✓ Move the person to a cooler place
- ✓ Help lower the person's temperature with cool cloths or a cool bath



REDUCE YOUR RISK

Hydrate - drink often, and before you get thirsty

Take time to acclimatize

Work shorter shifts until your body has had time to adjust to the heat

Take time to rest and cool down

Avoid dark-colored and tight-fitting clothing if possible

Wear breathable PPE that provides the protection you need

Watch for signs of heat-related illnesses in yourself and those around you





PROPER PPE FROM BDG TO BEAT THE HEAT

Heat build-up inside the body from physical work in hot and humid conditions can build up the heat load on the body. Much of the protective clothing and equipment used by workers can restrict the body from regulating temperature through sweating, causing the worker to retain heat and moisture, exposing them to heat-related illnesses.

Bob Dale Gloves (BDG®) offers a number of PPE solutions to help you remain cooler when working in hot conditions. Our new 21 gauge breathable gloves in our X-SITE® and CUT-X® lines are available in both PU and NBR coatings—ranging from nylon gloves offering Cut Level A1 (ANSI/ISEA 105-2016) protection to gloves with HPPE/polyester/steel shells

“**ALL BDG® 21 GAUGE GLOVES ARE BREATHABLE, WITH 360 DEGREE COVERAGE, AND PROVIDE YOU DEXTERITY, SOLID GRIP, AND TOUCH SCREEN CAPABILITY.**”

offering Cut Level A9 (ANSI/ISEA 105-2016), Abrasion Level 3 (ANSI/ISEA 105-2016), and Puncture Level 3 (ANSI/ISEA 105-2016) protection.

All BDG® 21 gauge gloves are breathable, with 360 degree coverage, and provide you dexterity, solid grip, and touch screen capability.

In addition, our breathable CUT-X® cut-resistant sleeves offer a choice of Cut Level A4 (ANSI/ISEA 105-2016) protection or Cut Level A5 (ANSI/ISEA 105-2016) and Conductive Heat Level 2, Up to 284°F/140°C (ANSI/ISEA 105-2016) protection.

For more information about BDG® and our new line of 21 gauge gloves, contact sales@bobdalegloves.com.

COMMITTED TO SAFETY

Bob Dale Gloves (BDG®) is a North American manufacturer and supplier of quality personal protective equipment, specializing in solution-focused safety gloves and apparel.



*Sponsored Advertisement

BDG
BOB DALE GLOVES

Information contained in this document is subject to change without notice. As Bob Dale Gloves and Imports Ltd. cannot control or anticipate the conditions under which this product may be used, each user should review the information in specific context of the planned use. To the maximum extent permitted by law, Bob Dale Gloves and Imports Ltd., and/or its affiliates, employees or representatives will not be responsible for damages of any nature resulting from the use or reliance upon the information contained in this data sheet. No express or implied warranties are given other than those implied mandatory by law.
COPYRIGHT © 2024 - Bob Dale Gloves & Imports Ltd.

Revision Date: April 22, 2024