



HEAT STRESS PREVENTION TIPS



FOR WASTE & RECYCLING WORKERS

Working in hot conditions can put your health at risk. Heat stress can lead to serious illness or even death. Use these tips to stay safe, stay cool, and take care of yourself and your team.



1. UNDERSTANDING HEAT STRESS

Workers are exposed to various factors that can contribute to heat stress, including high temperatures, humidity, radiant heat from the sun, heavy protective clothing, and physical exertion. Prolonged exposure to these conditions can lead to heat-related illnesses.



2. RECOGNIZING THE SIGNS

Symptoms may include excessive sweating, dizziness, nausea, headache, rapid heartbeat, weakness, and confusion.

DO NOT ignore these signs!

SIGNS OF

HEAT EXHAUSTION

DIZZINESS & FAINTING
EXCESSIVE SWEATING
RAPID, WEAK PULSE
NAUSEA OR VOMITING
COOL, PALE CLAMMY SKIN
MUSCLE CRAMPS



HEAT STROKE

THROBBING HEADACHE
NO SWEATING
RAPID, STRONG PULSE
NAUSEA OR VOMITING
RED, HOT DRY SKIN
MAY LOSE CONSCIOUSNESS



3. PREVENTATIVE MEASURES

Preventing heat stress requires a proactive approach. Suggested strategies include:



Wear light, breathable clothing.



Have an adequate supply of cool water.



Eating water dense foods such as salads and fruit.



Look for shaded rest areas for breaks.



4. TRAINING AND AWARENESS

Watch for signs of heat stress in yourself and co-workers.



5. EMERGENCY PREPAREDNESS

Know your company protocols for responding to heat-related emergencies, including access to first aid supplies and procedures for seeking medical assistance if needed.



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