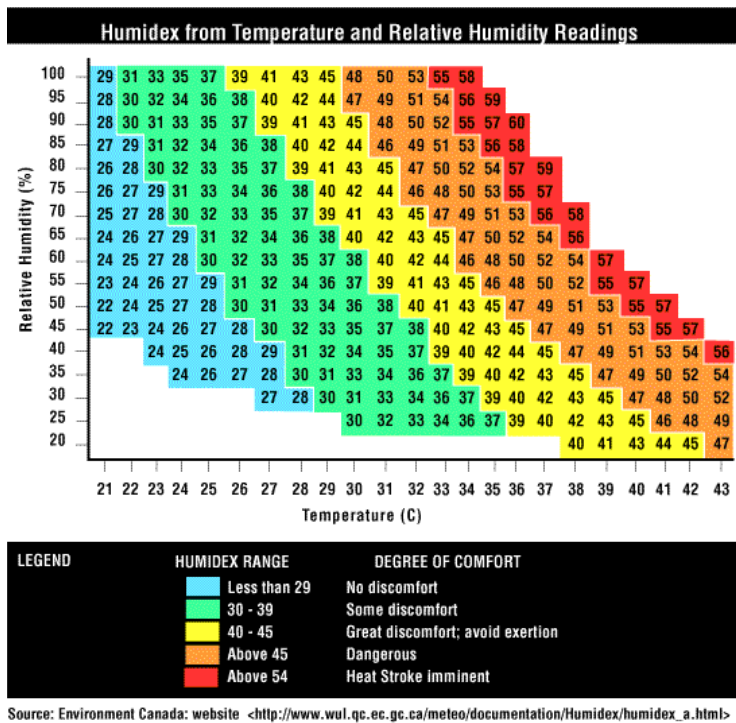


HEAT STRESS

When workers are exposed to hot environments, this can be both unproductive and unhealthy. When working in mines, temperatures can become quite hot. Exposure to hot and humid environments puts workers at risk of heat exhaustion and heat stroke. It is important to monitor these conditions to ensure workers remain safe. The chart below shows the Humidex rating based on temperature and relative humidity.



Know The Signs

Heat Exhaustion	Heat Stroke
Excessive Sweating	Headache
Cold, Pale, Clammy Skin	Possibly Unconscious
Fast, Weak Pulse	High Internal Temperature Above 103°F
Nausea or Vomiting	Rapid, Strong Pulse
Dizziness or Fainting	Nausea or Vomiting
Muscle Cramps	No Sweating
	Hot, Dry Skin

What To Do

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

What To Do

- CALL 911 IMMEDIATELY**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do NOT give fluids.

Source: cdc.gov/extremeheat/warning.html
nws.noaa.gov/om/heat/during.shtml

The human body can function properly in a very limited range of core body temperature. Enzyme activity is reduced at high temperature, and at low temperatures there is not enough energy available to continue metabolic processes. The range of tolerable core temperature is between 35°C and 41°C. When the core is heated beyond this temperature, there is a very high risk of heat stroke and death. Therefore, it is critical to monitor the temperature of your working environment and alert workers of unsafe conditions.



WBGT SENSOR

The Globe Temperature Sensor helps mitigate the risks of heat stress by monitoring wet bulb globe temperature. Monitoring can be set for the Heat index or Humidex values and can alert when conditions change.