

Safety presentation

Malkyzidek Yehu Jerry
Slickline assistant

VERIFY BY,



Heat –Related Illness

The body burns calories and produces heat to maintain 98.6 Fahrenheit temperature.

Two effective ways the body rids itself of heat are:

1. Sweat evaporating from skin cools the body
2. Dilation of blood vessel-Blood is brought to the skin surface to release heat

Warning signs

Problems develop when the body's cooling mechanism aren't able to work properly, such as when

- Air temperature exceeds body temperature-the body cannot easily cool itself
- Air is humid-sweat doesn't evaporate quickly
- Sweat doesn't evaporate easily from a person who works/exercises hard while wrapped in heavy clothing or protective gear.

Heat Rash & Heat Cramps

Heat Rash

- Occurs when sweat ducts get clogged

Heat Cramps

- Painful muscle spasms caused by loss of electrolytes from heavy sweating

If workers develop these conditions, immediately get them out of the heat so they can rest

Heat Syncope

Victim becomes light-headed and faints when blood flow to the brain decreases. This is because blood pressure is lowered when blood vessels dilate to rid the body of heat

Blood pressure lowers further when blood volume drops as water is evaporated from the blood.

Heat Exhaustion

Occurs when the body loses too much water and salt

Signs include

- Weakness
- Dizziness
- Nausea
- Headache
- Heavy sweating
- Clammy skin

Heatstroke

Signs of heatstroke

- Rapid Pulse
- Hot, Red skin
- Victim stops sweating
- Possible mental confusion decreased alertness&blurred judgment

Heatstroke can be extremely serious and lead to brain damage or even death if not treated promptly and properly

Recognize –Evaluate-Act

Know how to **RECOGNIZE** a victim of heat-related illness
EVALUATE the symptoms and **ACT**

Heat Cramps

Have the worker sip water or a sports drink. Gently stretch muscle and ice the muscle. seek medical attention if the worker has heart problems or if cramps don't get better within an hour.

Heat syncope

Have the worker lie down in a cool area.

Call for medical help

Heat Exhaustion

- Lay the worker down in a cool area
- Call for medical help
- Remove excessive layers of clothing
- Give a sports drink or water –don't give anything to drink if the worker vomits
- Cool the worker with a cool water spray or wet

Heatstroke –Call for medical help immediately!

While you wait for help to arrive, immediately cool the victim with any means hand, preferably by immersing the victim up to the neck in cold water.

Alternatively

- Move the worker to a cool place and remove clothing down to the underwear, then apply ice packs at the neck, armpit and groin
- Or, cover the worker with wet towels or cloths or spray with cool water and fan the worker to quickly evaporate the dampness.

Catch it Early

Awareness is vital!

Both supervisor and workers should be on the lookout for warning signs of heat-related illness

SAFETY IS EVERYONES RESPONSIBILITY!!

Preventive measures

1. Eat light –the more calories you take in, the more body heat you produce.
2. Drink plenty of fluids before work and throughout the day& avoid caffeine (Jangan tunggu haus baru minum)
3. Wear lightweight clothing
4. Wide-brimmed hats protect workers from direct sunlight

Heat illnesses are the consequence of not recognizing the warning signs on the job

Hot conditions don't have to be dangerous if you watch for the warning signs and get cooperation from workers to prevent heat-related illness

BEAT THE HEAT!!

- Drink more water
- Eat light
- Eliminate or reduce outdoors activities
- Prevent sunburn
- Wear appropriate clothing
- Never leave children or pets in a car, even with the windows partially open

Safety Quiz

1. Which of the following are symptoms of heat exhaustion

- A. Headache
- B. Dizziness
- C. Weakness
- D. Light-headedness
- E. All of above

2. *True or False.* Before participating in outdoor activities in the summer, you should eat a large and healthy meal

- A. True
- B. False

TQ!!!