

NU Monthly Safety Newsletter

July 2024

Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



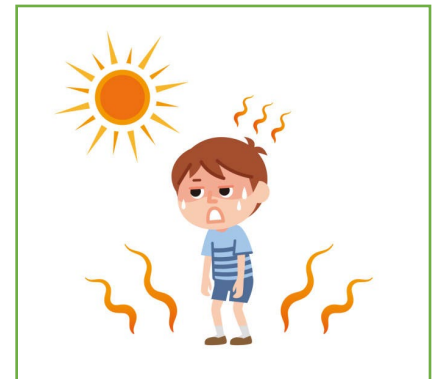
Heat Exhaustion

Here are some common symptoms of Heat Exhaustion:

- Weakness
- Dizziness
- Nausea or Vomiting
- Cramps in arms, legs, stomach
- Fast breathing or heartbeat

How to Prevent Heat Exhaustion:

- Drink cold fluids, especially during hot weather.
- Wear light-colored, loose clothing.
- Avoid sun exposure between 11 am and 3 pm.
- Limit alcohol intake.



Sun Facts

Heat exhaustion occurs when your body overheats and struggles to cool itself down. It often happens during hot weather or intense physical activity. Always remember, children, older adults and those with health conditions are more vulnerable to heat exhaustion. Stay cool and hydrated!



HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

