

How to Avoid HEAT STRESS

Sometimes, wearing a coverall can cause heat stress due to the purpose of full protection. Heat stress can cause heat exhaustion and lead to heat stroke if the body core temperature is unable to cool.



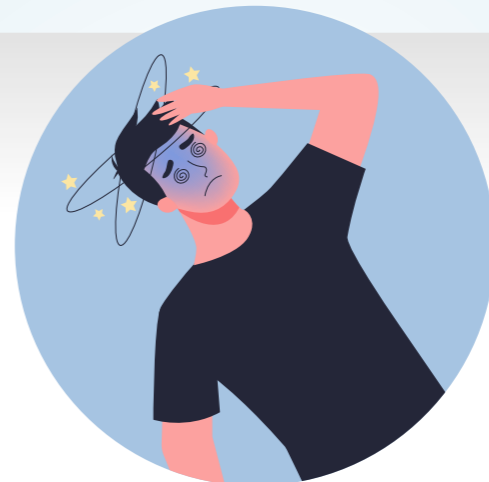
Heat Stress



Heat Exhaustion

Symptoms

37°C to 40°C (98.6°F to 104°F)
Headache, Fatigue, Dizziness
Muscle Cramps
Nausea
Pale, Moist Skin
Weak Pulse



Heat Stroke

Symptoms

> 40°C (>104°F) and above
Confusion, Unconsciousness
Seizures
Vomiting
Warm, Dry Skin
Fast and Strong Pulse
Rapid Heart Rate

Coma and Death Possible!

To avoid above condition, there are several things you can do

Before work



Select appropriate coverall

- Select coverall based on your tasks.
- Check SPEC sheet for Ret Value & MVTR to ensure breathability

Start cool before working

- Drink cold beverage or ice slurry before putting on PPE
- Reduces layers of clothing underneath

During work



Rest/ Work schedule

- Provide regular and longer breaks. It will effectively allow body heat to dissipate

Stay hydrated

- Remain hydrated can help body to cool down

What if Heat Exhaustion/ Stroke Happen?

Heat Exhaustion

- Move to a cool place and rest
- Drink cool water if fully conscious
- Remove excess clothing
- Fan skin
- Place cool cloths on skin



Heat Stroke

- **Call local emergency number**
- Move to a cool place and rest
- Remove excess clothing
- Drench skin with cool water
- Place ice bags on armpits

It is important to be well-prepared when you need to wear PPE at your workplace, especially in the summer. Keep these tips in mind, work smart and go home safely.



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ACADEMY