

SiteWell Solutions

SiteWell Solutions, LLC is committed to building a healthy world, one organization at a time.

We help businesses thrive by improving the health, wellness and safety of their team members. Our objective is improving your company's bottom line by reducing absenteeism, workplace injuries and healthcare costs. We specialize in reducing injuries by optimizing movement, strategically decreasing the prevalence and severity of chronic diseases, wellness program management and industrial athlete conditioning.



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Employee Guide to Heat Illness Prevention



SIGNS & SYMPTOMS

RESPONSES

PERSONAL PREVENTION



**WHEN HEAT ILLNESS
IS SUSPECTED,
ALWAYS MOVE
THE PERSON TO
A SHADED,
COOL AREA &
WAIT WITH THEM
UNTIL HELP ARRIVES.**



Heat Illness Tips for Personal Prevention

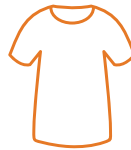
Support your body's recovery from hard work with adequate rest between shifts (aim for 7+ hours of sleep).



HEAT STROKE

confusion, hot / dry skin,
loss of consciousness,
high body temperature

EMERGENCY - CALL 911



Wear lightweight, light colored and loose-fitting clothing. When possible, choose clothing that is ventilated or moisture wicking.

HEAT EXHAUSTION

headache, nausea, dizziness,
decreased urine
output, sweating

SEEK MEDICAL CARE

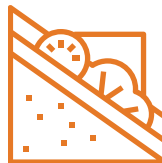
Drink plenty of fluids. Hydrate often and before you are thirsty. Drink water every 15 minutes.



HEAT SYNCOPE

short loss of
consciousness,
dizziness, light-headed

SIT / LIE DOWN & HYDRATE



Food is fuel. Avoid overly sugary foods, aim for healthy sources of whole grains, fruit, vegetables and protein.

HEAT CRAMPS

muscle cramps / pain,
spasms in abdomen,
arms or legs

HYDRATE | NO SALT TABLETS

Use electrolyte replacement drinks in moderation. Alternate water and electrolyte replacements to avoid illness.



Avoid beverages containing alcohol or caffeine; both of these cause dehydration.



Avoid working in direct sunlight or near heat sources and use fans to circulate air when possible.



Use a buddy system. Know the signs and responses to different types of heat stress.

Always have a way of calling for help. If you suspect that you or another worker are experiencing warning signs of heat stress, immediately contact a supervisor.

