



**CAMComp**  
WORKERS' COMPENSATION PLAN

## Beat the Heat!

Heat safety tips from CAMComp's Safety Center



### One of the biggest safety challenges on your jobsite could be the **summertime heat.**

Heat exhaustion can happen quickly when temperatures rise.

Early symptoms to watch for are headache, dizziness or fainting. Left untreated, heat stroke can occur with more severe symptoms: confusion, loss of consciousness, even seizure and death!

#### Risk factors for heat illness include:

- High temperature and humidity,
- Direct sun exposure,
- No breeze or wind,
- No recent exposure to heat,
- Heavy physical labor,
- Heavy clothing

Most importantly, low liquid intake is a big contributor to heat illness.

**Provide plenty of cool fresh water for workers outdoors. At least a pint of water per hour is needed.**



CAMComp's online Safety Center provides numerous resources, articles, and guides on heat and safety. Preventing Workers from Heat Stress, Working Outdoors in Warm Climates and Protecting Workers from the Effects of Heat. For more Click Here → [CAMComp Safety Center](#)

**With CAMComp Safety Pays! The safer your workers are, the more \$ you get back!**