



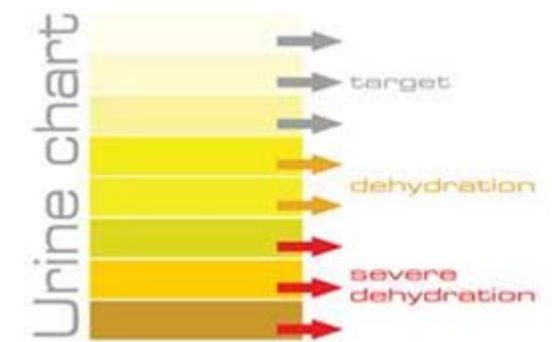
TO : All Employees
FROM : Bo Ristic | VP of HSEQ
DATE : 6/17/2016
RE : Heat and Dehydration

For inquiries regarding this Safety Alert, contact the HSEQ Department at 985-868-1950.

Working outside in the extreme summer heat can become a dangerous situation for employees. Lack of water consumption can result in dehydration. The only way to prevent this from occurring is to make sure that we, as well as our coworkers, are doing everything that we can to keep ourselves hydrated. Try not to use sweat or thirst as your only indicator for when it might be time to rehydrate. Make sure that you are drinking 8-10 glasses of water every day. Sport drinks like Powerade or Gatorade are also good for rehydration, but water is always the best option. Caffeinated drinks like coffee and sodas can actually dehydrate you even faster so stay away from them as much as you can.

The signs and symptoms of mild to moderate dehydration may include the following:

- Increased thirst
- Dry mouth
- Tired or sleepy
- Decreased urine output
- Darkened urine
- Headache
- Dry skin
- Dizziness
- Few or no tears



Recommendations for Workers

Workers should avoid exposure to extreme heat, sun exposure, and high humidity when possible. When these exposures cannot be avoided, workers should take the following steps to prevent heat stress:

- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day – if possible
- Take more breaks in extreme heat and humidity. Take breaks in the shade or a cool area when possible.
- Drink water frequently. Drink enough water that you never become thirsty. You should consume approximately 1 cup every 15-20 minutes.
- Avoid drinks with large amounts of caffeine or sugar.
- Be aware that protective clothing or personal protective equipment may increase the risk of dehydration.
- Monitor your physical condition and that of your coworkers.