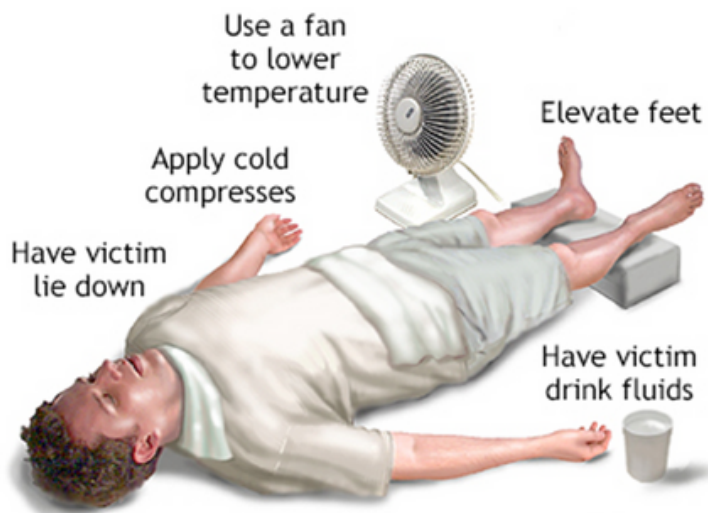


HEAT STRESS PREVENTION

The tunnel system is always quite warm. Follow the recommendations below to minimize your risk of heat illness.

1. Always carry water with you when working in the tunnels. Bring 32 ounces for each planned hour of work.
2. Drink 8 ounces of water every 15 minutes.
3. Drink water before, during, and after your work shift, even if not thirsty.
4. When possible and safe use a water mist sprayer on exposed skin to allow for evaporative cooling.
5. Use a cooling vest.
6. Use a cooling towel.
7. Have a small cooler with ice and towels to wipe your face and neck with cool water.
8. Use a misting or evaporative cooling fan to cool the work area.
9. Take breaks often and move to a cool shady place.
10. Work earlier in the day.



EMERGENCIES

If you or a co-worker exhibits signs of heat illness including:

- Heavy sweating
- Painful muscle cramps
- Extreme weakness and/or fatigue
- Nausea and/or vomiting
- Dizziness and/or headache
- Body temperature normal or slightly high
- Fainting
- Pulse fast and weak
- Breathing fast and shallow
- Clammy, pale, cool, and/or moist skin
- Mental confusion, delirium,
- Hot and dry skin
- Muscles may twitch uncontrollably

Do not hesitate to assist them and call 911

Assist by:

1. If they are able to walk get them to a cooler shady location and elevate their feet.
2. Remove extra clothing, shoes, and socks.
3. Wet clothing and skin with cool water and ice if available.
4. Turn a fan onto the victim if available.
5. Give water, if victim is able to drink and not experiencing nausea.

