

U.S. Department of Labor  
Mine Safety and Health Administration  
Educational Field and Small Mine Services



Location \_\_\_\_\_ Date \_\_\_\_\_

Competent Person \_\_\_\_\_ Duration \_\_\_\_\_ Time \_\_\_\_\_

### Dehydration

- Dehydration is a major factor in most heat disorders. The average body loses approximately 2 ½ quarts of sweat a day. When performing strenuous work the body can lose up to 1 ½ quarts of sweat per hour. It is essential to drink more than is needed to satisfy thirst.

### Salt Replacement

- Sweat not only contains water, but salt and other electrolytes. The body needs a certain amount of salt to function properly, but salt tablets **are not recommended** because of stomach irritation, nausea, and vomiting. Each employee should drink normal water throughout the day, but may drink an electrolyte solution after in a hot environment, if desired. Individuals on a salt restricted diet or those persons being treated for high blood pressure or heart problems must **NOT** try to replace salt without the advice of their physician.

### Recommended Protective Clothing

- Loose fitting clothing made of light cotton allows sweat to evaporate and transfer heat better than tight fitting synthetic fibers.

### Safe Work Practices

- Watch out for the safety of coworkers. Take scheduled breaks in cool areas; employees should be provided with access to shade. Drink plenty of cool water. Supervisors should consider scheduling the hottest work for the coolest part of the day, assigning extra workers to high demand tasks, and using a wide variety of work saving devices such as power tools, hoists or other lifting aids to reduce the body's work load. Water should be provided in sufficient quantities throughout the day.

**Fatalgrams:**

**Attendees:**