



SAFETY

AVOID HEAT RELATED ILLNESS



General Safety Tips:

- Seek shade whenever possible. Use lunchtime or even short breaks to get inside or into the shade.
- Cover your body. Wear loose-fitting clothing, hats and UV blocking sunglasses.
- Apply 1 oz. (two tablespoons) of SPF15 or higher sunscreen before you start your day outside. Reapply every two hours.
- Drink plenty of water. It is recommended men drink approximately 3 liters (about 100 oz.) and women drink about 2.2 liters (about 75 oz.) per day. If you work outdoors in extreme heat, consider taking in even more.
- If you take medication, be aware of heat-related problems. Some can affect your body's ability to stay hydrated and dissipate heat.

Heatstroke

Heatstroke is the most serious and life-threatening heat-related illness. Your body can build up too much heat, your temperature may rise to life-threatening levels.

Heat Exhaustion

Heat exhaustion is characterized by heavy perspiration with normal or slightly above normal body temperatures. It is caused by water or salt depletion or both (severe dehydration).

AWARENESS

Protective equipment is provided for your safety (hearing protection, company-approved safety apparel, etc.). Approved hearing protection against the effects of noise exposure is required for all employees while in the Aircraft Operating Area (AOA), or other industrial areas where the sound levels exceed 85 decibels.

Personnel involved in ramp operations or while on the airport area (AOA) in any capacity, including walking on or off duty, shall wear highly visible company-approved safety apparel as their outermost garment at all times.

Station Briefing Guide 6-12-17

Stations are urged to use this guide to assist with Station Safety Briefings. This information should be reviewed daily with all employees to ensure understanding and compliance. This may result in employees hearing it more than once but will serve to reinforce the information. The questions at the bottom must be used to ensure understanding.

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Avoid Heat Related Illness

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Name 3 ways to avoid heat-related illnesses.

What are two types of PPE provided to all employees?

Where must safety apparel be worn?