

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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Hydrate

Wear Lightweight Clothing

The extremely high temperatures experienced during August all over the country can be taxing and hazardous on both drivers and vehicles. Truck engines can overheat and require the driver to wait in the heat for roadside assistance. Excessively hot roads can affect truck tires and make braking less predictable.

Working in extreme temperatures poses health and safety hazards for drivers, especially those who perform heavy labor. Heat stress becomes a real concern. The most common heat related ailments are heat rash, heat cramps, heat exhaustion and heat stroke, which can be fatal.

Heat rash is caused by exposure to hot and humid environments. Symptoms include itchy, small pimples that typically appear on the head, neck, shoulder and inner thigh area. Taking a cool shower and applying a topical anti-itch cream will provide relief.

Heat cramps occur when the body is dehydrated and has lost too many electrolytes. Normally cramps occur in the abdomen, arms and calves when this happens. Drinking a large amount of water or sports drink will help this condition.

Heat exhaustion is a sign of severe dehydration. Headache, dizziness, fainting, nausea and vomiting are signs of this ailment. Immediately move to a cool environment and rehydrate with water or a sports drink.

Heat stroke follows heat exhaustion if the body temperature continues to elevate. *Heat stroke is a medical emergency.* Call 911 if you or someone you are with, while in extremely hot weather, becomes disoriented and stops sweating. Move to an air conditioned or shaded area and apply a cool towel to the head and exposed skin.

Staying hydrated is key to prevent heat stress and to beat the August heat. Drinking cool drinks throughout the day will keep you hydrated and help stave off heat related illnesses. Wear lightweight and loose fitting clothing like light cotton or linen shirts and pants. It will help air flow to your body and help your body stay cooler.

Also pace yourself when working outside or in the back of a trailer where there is no air conditioning. Wear gloves when working with landing gear or any equipment with handles. Sweaty palms can cause you to lose your grip on the handle and lose control of the equipment or tool.



Driven by Higher Standards

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