How to Protect Yourself from the Summer Sun

- Provide training to employees on how to prevent hazards leading to heat stress.
- Provide at least one pint of cool water per hour to each employee. Employees should drink BEFORE they are thirsty.
- Schedule frequent breaks in the shade or designated cool area.
- Know the signs and symptoms of heat exhaustion.
- Workers should wear light weight, light colored and loose fitted clothing.
- Avoid drinking alcoholic and caffeinated beverages.
- Know the physical condition of your body and how it reacts to heat.

Symptoms of Heat Exhaustion and Heat Stroke

**Exhaustion:**
- Headache, dizziness, fainting
- Skin that is wet
- Body weakness
- Irritability and/or confusion
- Thirst, nausea, and/or vomiting

**Heat Stroke**
- Confusion, unable to think clearly
- Passing out, collapsing, seizures
- May stop sweating

Outdoor Hazards to be Aware of

- Heat Exhaustion
- Heat Stroke
- Heat Rash
- Lyme Disease/Tick-Borne Diseases
- West Nile Virus
- Poison Ivy-Related Plants

PPE for Chainsaw Operation

- **Hearing** - Ear muffs are to be used due to high db levels.
- **Eye/face** - Minimum face shield and/or spectacles and shield.
- **Foot** - Steel toe and instep protection
- **Leg** - Wrap around chaps that correlate with saw rpms.
- **Hand** - Kevlar gloves.
- **Head** - Hard hat.

**Pre-start up Procedures**

- Guarding check.
- Bar inspection.
- Chain - condition, sharpening, adjustment.
- Lubrication.
- Cleaning, general cleaning.
- Oil level check.