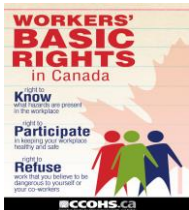


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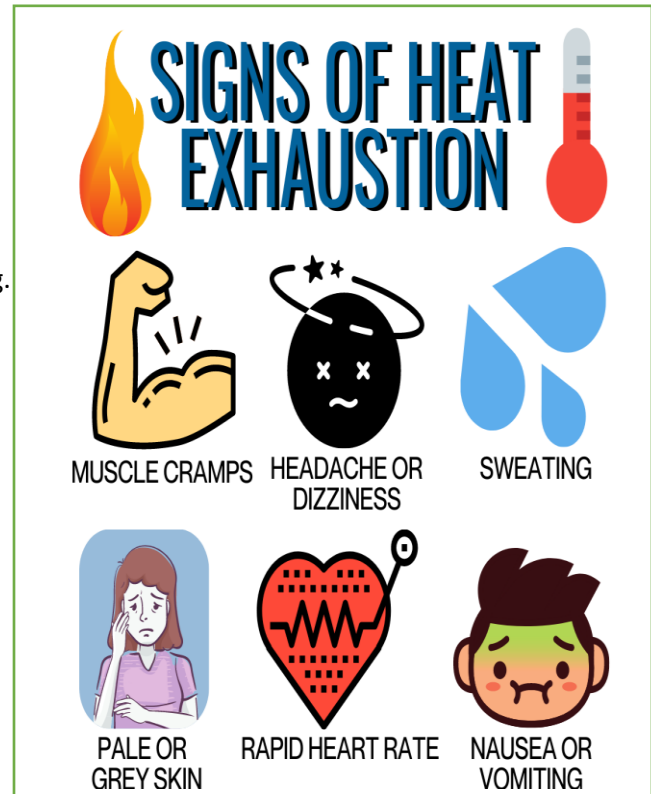
Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



Signs of Heat Exhaustion:

- Extreme high body temperature.
- Skin rash, hot dry skin.
- Rapid breathing and heartbeat.
- Throbbing headache, nausea or vomiting.
- Weakness, fainting and dizziness.
- Muscle cramps.
- Seizure and unconsciousness.
- Headache.
- Extreme thirst.



Heat Exhaustion Safety Tips:

- Stay cool and hydrated.
- When possible, avoid working in hot areas.
- Don't forget to take breaks.
- Increase fluid intake but avoid excessive caffeine.
- Limit time exercising in heat.
- Wear loose fitting clothing if possible.



Reference material: [How to manage heat stress in the workplace | Workplace Safety North](#)