



Teamster AVIATION PROFESSIONAL

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It's June and it's hot! Just about everywhere across the United States the temperatures are in the 80s, 90s and 100s, so be aware of heat related illness and make sure you know how to avoid or treat it.

This time of year, most of us perform or work in a hot environment. Aircraft interiors can easily reach 100°F or more even if you're working in a hangar. Climb-

ing into a cargo pit or the cockpit of an aircraft that has been parked in the sun can be brutal.

Prolonged exposure to heat can kill you so make sure that you protect yourself. Staying hydrated is only a part of the equation. Knowing how to avoid or mitigate heat stress is imperative, so stay cool and learn how to work in the heat.

HERE ARE SOME HELPFUL LINKS TO HELP YOU STAY SAFE IN THE HEAT:

Heat Stress, from the Center for Disease Control and Prevention:

<https://www.cdc.gov/niosh/topics/heatstress/default.html>

Occupational Heat Exposure:

<https://www.osha.gov/SLTC/heatstress/>

Using the Heat Index – A Guide for Employers:

https://www.osha.gov/SLTC/heatillness/heat_index/pdfs/all_in_one.pdf