



# Safety Bulletin



## Beat the Heat

Spot the signs of a stroke F.A.S.T.

During a stroke, every minute counts. You could save a life by recognizing these signs of a stroke:



**FACE**

Ask the person to smile. Is one side of the face drooping?



**SPEECH**

Ask the person to speak. Is their speech slurred?



**ARMS**

Ask the person to hold their arms. Is one arm weaker?



**TIME**

Call 911 right away at the first sign of a stroke.

**Train supervisors and workers to recognize sign of heat injuries**

**BODY** ÷ 2 = **PERSON**

Divide your body weight in half

**THEN**

divide by 8

**water**

to find the # of cups of water you should drink

**PERSON** ÷ 8 = **CUPS**

**Drink Plenty of Water**

- Women 8 cups a day
- Men 10 cups a day



**The Shade is your friend**

- Wear long sleeve shirts
- Use sunblock

SAF Work Rest Cycle		
Heat Category	WBGT (deg C)	Work : Rest (mins)
White	29.9 and below	60 : 15
Green	30 to 30.9	45 : 15
Yellow	31 to 31.9	30 : 15
Red	32 to 32.9	30 : 30
Black	33 and above	15 : 30

**Establish and maintain a Work Rest Cycle**

**BE ALERT, STAY ALERT, STAY SAFE!**

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