



Safety Bulletin



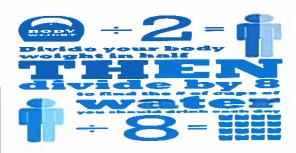


Spot the signs of a stroke F.A.S.T.

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



Train supervisors and workers to recognize sign of heat injuries



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

Fort Knox Safety Office, 502-624-3381

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