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Heat Stress

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Be Prepared for the Heat

- OSHA is preparing for a Heat Standard and has made Heat Illness a priority by making it a National Emphasis Program. How can we prepare and protect our workers?
- A Great Tool! The OSHA Heat App breaks down the day, hour by hour and indicates the level of risk. The risks are divided into Caution, Warning and Danger. Review this tool during your PJB.
- The Heat App lists symptoms and First Aid treatment for Heat Stroke, Heat Exhaustion, Heat Cramps, and Heat Rash. The best remedy to prevent heat illness is Water, Rest and Shade. Remember to stay hydrated by drinking one cup of water every fifteen minutes, and limit high amounts of caffeinated drinks, like coffee and especially energy drinks.

Signs & Symptoms

- Signs and Symptoms of Heat Exhaustion are cool - moist skin, heavy sweating, headache, nausea/vomiting, light-headedness, weakness, thirst, irritability, elevated body temperature, and decrease urine output.
- Heat Stroke- Confusion, slurred speech, red hot - dry skin, very high body temperature, loss of consciousness, and the possibility of seizures.
- Heat Exhaustion and Heat Stress are medical emergencies and 911 should be called for proper treatment and evaluation.
- The key is to recognize the Heat Illness before it becomes an Emergency.
- Heat Rash, heavy sweating, muscle pain or spasms, fast, weak pulse, weakness, tiredness, dizziness, and headache are early indicators. Along with, thirst, lack of urination and/or dark colored urine.

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Additional Considerations

- **Heat stress kits.** These kits include electrolyte powder, four ice packs, a forehead thermometer, and an emergency blanket. The blanket is used to provide shade. By turning the blanket inside out, it deflects the heat of the sun, in cases where shade cannot be sought. The ice packs are used in the case of a heat emergency where a person is showing signs of heat illness. The ice packs need activated, which is done by slapping the pack. Once, activated the ice packs are placed in the arm pits and on the back of the neck to cool the body and bring down the bodies core temperature.
- **MSA C1-Cooling Hard Hat.**

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Cooling Aids & Heat Illness Response

MSA
The Safety Company

V-GARD C1™ HARD HAT: THE COOLEST HARD HAT ON THE MARKET

The V-Gard C1 Hard Hat helps alleviate heat stress for workers in sunny conditions with ReflectIR™ Thermal Barrier technology that keeps the hard hat interior up to 20°F (11°C) cooler.*

Patent-Pending ReflectIR™ Thermal Barrier Technology
Keeps the hard hat interior up to 20°F (11°C) cooler.



Moisture-Wicking Sweat Band
Premium sweat band wicks moisture, keeping the user drier and more comfortable. The sweat band can be easily removed to be laundered or replaced to help maintain hygiene.

Increased Sun Protection
Full Brim provides 12% more coverage for increased shade compared to any other full brim V-Gard® Hard Hat.

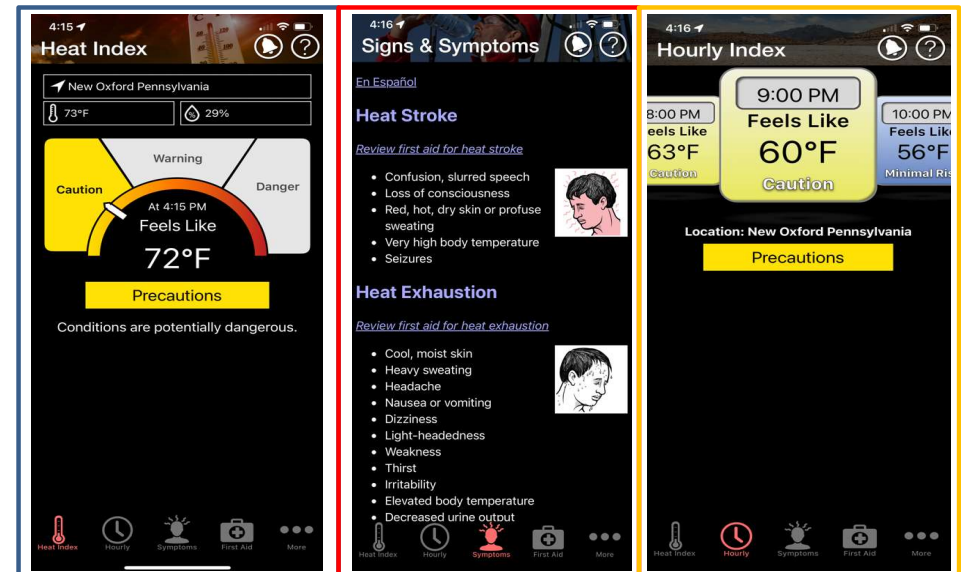
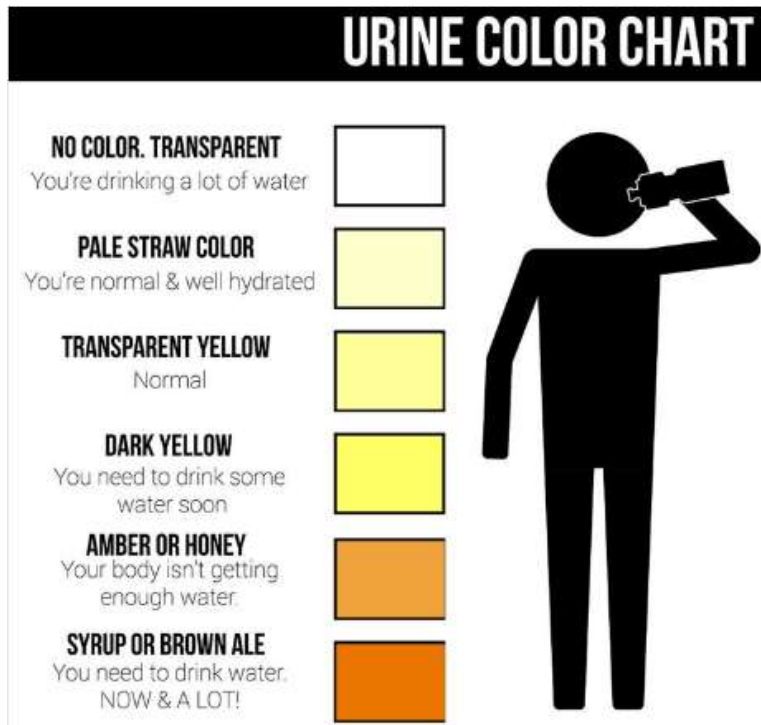
Optional Vents for Increased Air Flow
Strategically placed vents provide significant air flow.



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Other Considerations



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Rest, Water, & Shade



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