



NEW HAMPSHIRE
DHHS
DEPARTMENT OF
HEALTH & HUMAN SERVICES

Heat-related illness: Protecting NH workers

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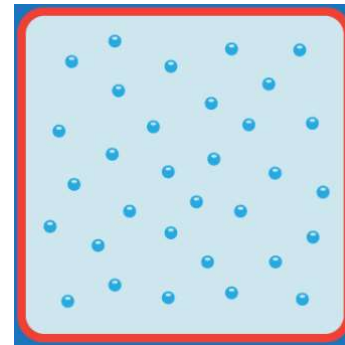
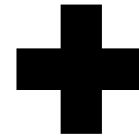
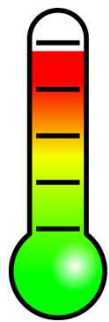


Remember...

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Heat illness is preventable

What is heat illness?



What are the health effects of heat?

Acute onset with recognized heat-relatedness

Heat cramps
Heat rash
Heat exhaustion
Dehydration
Fainting/dizziness (heat syncope)

Rhabdomyolysis
Kidney injury
Confusion/altered mental status

Heat stroke
Death

Worsen/trigger other health conditions

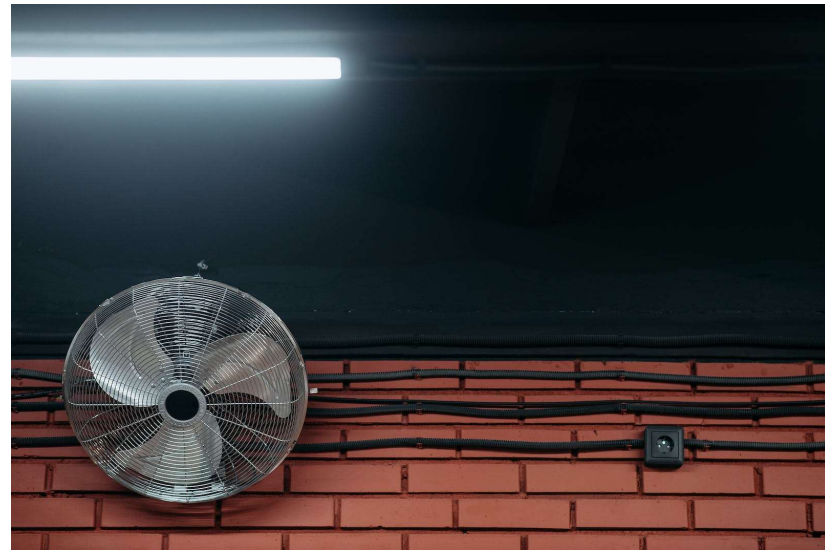
- Asthma, diabetes, heart and kidney conditions, mental health, accident and injury

What are the health effects of heat?

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away-heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour

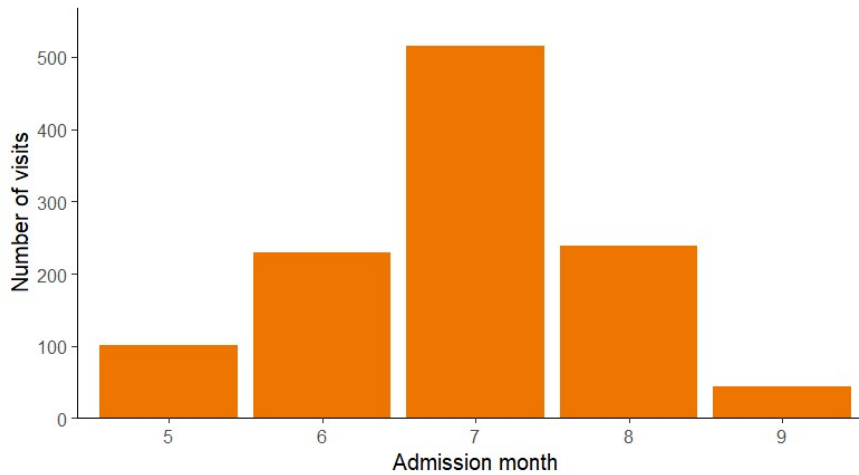
What do we know about heat illness in NH?



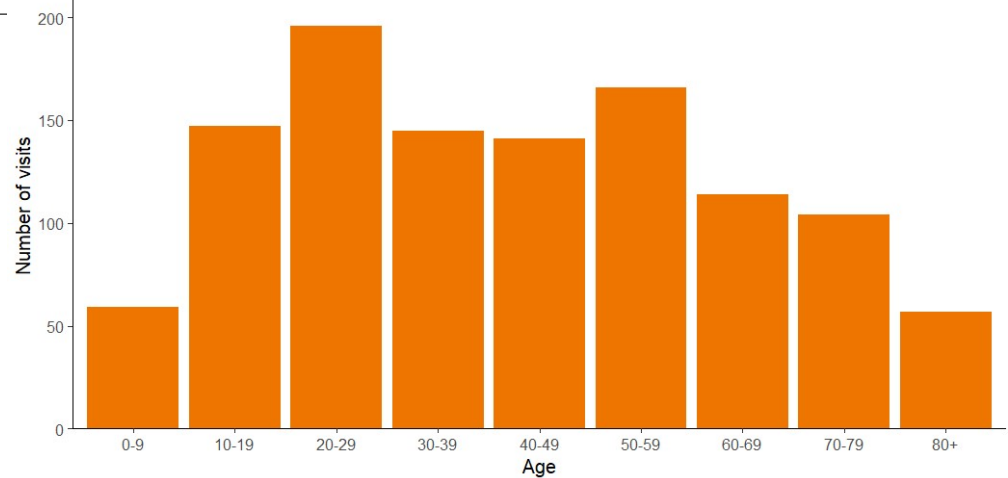
What do we know about heat illness in NH?

Fatalities: Average ~1 per year over last 20 years

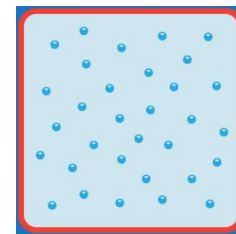
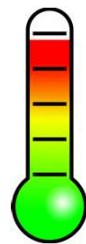
Heat-related, 2016-2020: Emergency department visits



Heat-related, 2016-2020: Emergency department visits



Which workers in NH are at risk?



Which workers in NH are at risk?

- Pre-existing health conditions and medications
- Age
- Other physiological factors
- Alcohol and substance use
- Clothing and PPE
- Out-of-work heat exposure/lack of cool-down

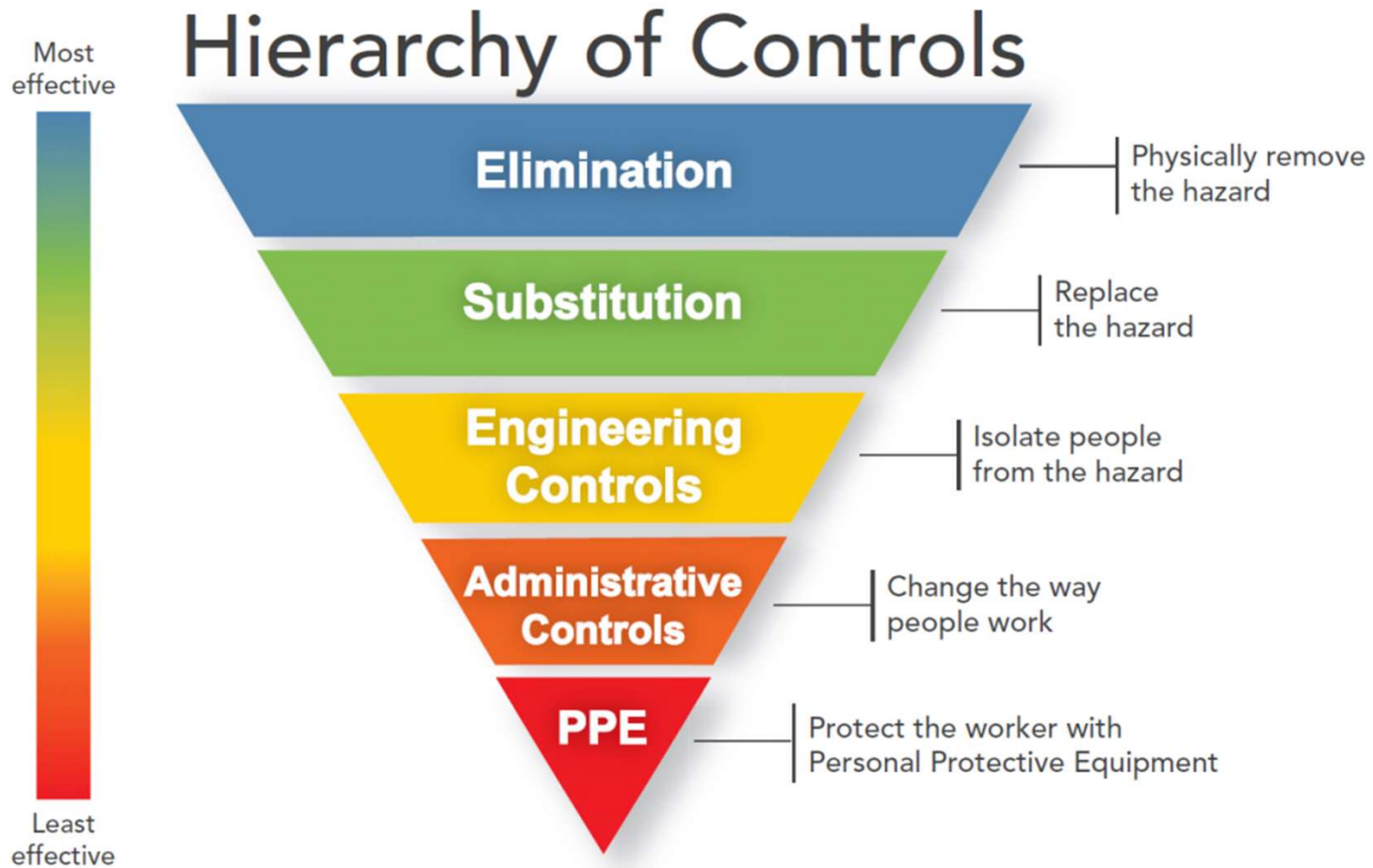
What should an employer do?

“It is the employer’s responsibility to ensure workers are safe from hazardous heat at work.” -- OSHA

Have a Heat Illness Prevention Program!

- Create a Plan and Provide Training
- Identify and Monitor Hazards
- Plan/Implement Controls, Interventions, Modified Work Schedules
- Prepare for an Emergency

Workplace prevention options and effectiveness



Work schedules – more than shifting hours and breaks

Acclimatization is **critical**



Focus on Hydration

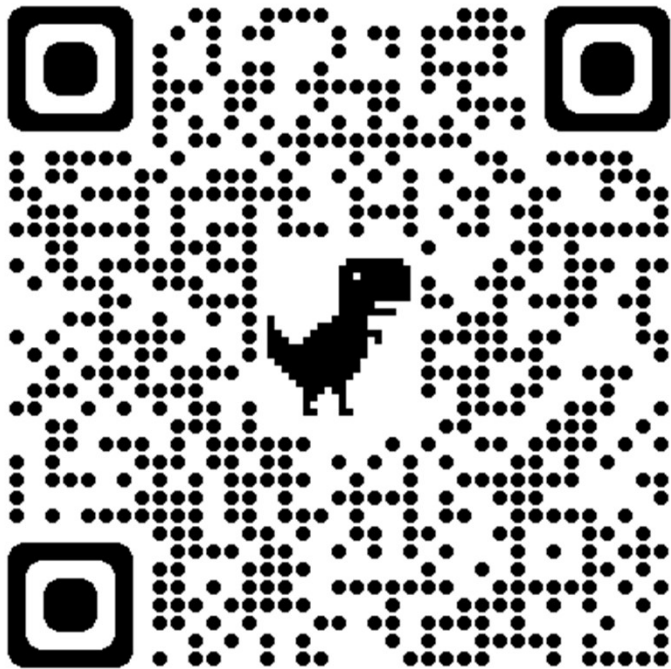
What is OSHA's recommendation for staying hydrated when working in a hot environment?

- A. 16 oz (~1 water bottle) before work and at lunch
- B. 8 oz (1 cup) every 60-90 minutes at work
- C. 8 oz (1 cup) every 15-20 minutes at work
- D. Any amount, whenever thirsty; drink until no longer thirsty



OSHA-NIOSH Heat Safety Tool App

Available at the Apple App Store and Google Play Store



Thank you

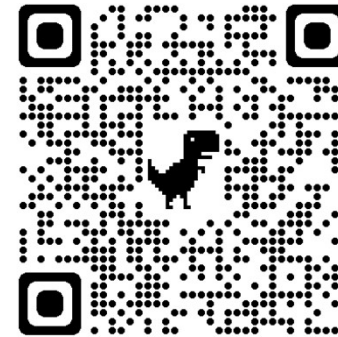
OSHA: Protecting
Workers from the
Effects of Heat



OSHA: Personal Risk
Factors and Heat
Exposure



OSHA-NIOSH Heat
Safety App



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