

## HEAT ILLNESS

### Why This Matters

Working in an open-door factory exposes us to outside temperatures, even when indoors. Heat-related illnesses can strike quickly in these environments, especially during high temperatures, physical exertion, or when ventilation is limited.

### Types of Heat Illness

1. **Heat Rash** – Itchy, red skin. Often from sweat and tight PPE.
2. **Heat Cramps** – Painful muscle spasms, especially after hard work.
3. **Heat Exhaustion** – Headache, dizziness, heavy sweating, nausea.
4. **Heat Stroke** – Medical emergency: confusion, fainting, no sweating, high body temp.

### Know the Warning Signs

If a coworker:

- Appears confused or sluggish
- Stops sweating
- Vomits or collapses

**Take immediate action - this could be heat stroke. Call 911.**

### Prevention Tips for Open-Air Factories

**Hydrate:** Drink water frequently. At least 1 cup every 15–20 minutes.

**Dress Smart:** Lightweight, breathable clothing. Avoid dark colors.

**Use Fans and Ventilation:** Keep air circulating through work areas.

**Schedule Smart:** Prioritize heavier tasks earlier in the shift.

**Cool Down:** Take breaks in shaded or air-conditioned areas.

**Buddy System:** Check on each other regularly.

### Factory-Specific Controls

- Portable fans positioned in stagnant work zones
- Breaks encouraged near cooling stations (water, shade, fans)
- Staggered shifts or rest periods during heat waves
- Encourage reporting of symptoms - no discipline for speaking up

### Final Reminder

**Heat illness is preventable.** Pay attention to your body and your coworkers. In an open-door factory, the line between inside and outside exposure can blur - treat every hot day as a serious risk.

### Questions or Concerns?

Talk to your supervisor or safety coordinator immediately if you feel overheated or see someone struggling.