

# Heat Stress & Working Safely in the Heat

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The purpose of this Job Aid is to assist in working safely in the heat & what you should watch out for when working in hot conditions.

Where conditions are not covered in this Job Aid, or if the job is not completely understood, the Advisor should safely stop the work and communicate their concerns to the necessary personnel on the jobsite.

## Steps to Prevent Heat-Related Illness

1. Drink cool water & avoid caffeinated drinks.
2. Take rest breaks.
3. Wear loose-fitting clothing, when possible.
4. Find shade or a cool area.
5. Check on each other.
6. Drink one cup (8 oz.) of water every 15-20 minutes.



## Signs of a Medical Emergency

1. Abnormal thinking or behavior
  - a. Anxiety or confusion
2. Slurred speech
3. Seizures
4. Loss of consciousness

**Recommended Actions:**

1. Call 911 immediately
2. Cool the person off, right away, with water
3. Remove any unnecessary clothing
4. Stay with the person until help arrives

**Heat-Related Illness Symptoms**

1. Headache or nausea
2. Weakness or dizziness
3. Heavy sweating
4. Hot and dry skin
5. Thirst
6. Muscle cramps
7. Decreased urine output

**Recommended Actions:**

1. Drink water
2. Remove unnecessary clothing
3. Lie down with your feet raised
4. Move to a cooler area & use a fan, if available
5. Cool off with water & ice, if available
6. Don't leave alone
7. When in doubt, call 911
8. Download the OSHA-NIOSH Heat Safety Tool app from the Google Play Store or Apple App Store.

