

HEAT STRESS

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high, and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun
- exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or trembling (shaking)
- May stop sweating

To Prevent Heat Illness:

- Follow your employers heat illness prevention program.
- Make sure your employees are trained about the hazards leading to heat stress and how to prevent it. If you haven't been trained, ask for training.
- Provide a lot of cool water to workers. At least one pint of water per hour is needed.
- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-cooled areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).

- Designate a responsible person to monitor conditions and protect workers who are at risk of heat stress.
- Consider protective clothing that provides cooling.
- Start work earlier in the morning to allow ending work earlier in the day.

How to Protect Workers

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.
- Create a protective clothing program that serves to PROTECT YOUR WORKERS in the heat and allows for the evaporation of body sweat.

What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.



No Spit, No Sweat, No Need To Go? Fix It All With H2O!