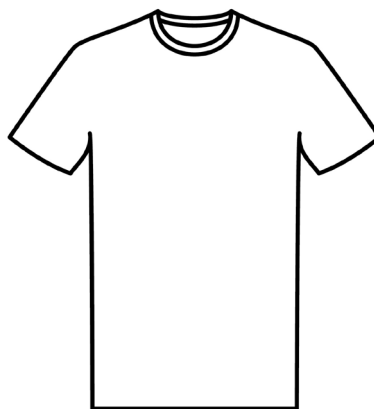


Heat Stress and Heat-Related Illness

Working in hot environments can cause dehydration, which can lead to heat illnesses such as heat exhaustion, heat strokes, and heat cramps. Use these tips to keep yourself cool while working in hot environments and prevent heat illness.

- **Evaluate working conditions on a daily basis and provide ways to cool down.** Monitor the temperature throughout the day. Have pre-work meetings to discuss expected weather conditions.
- **Identify environmental factors that contribute to heat stress.** The sun, air temperature, humidity, radiant heat from machinery, and air movement should be considered to reduce exposure to employees.
- **Discuss what personal risks contribute to heat-stress and illnesses.** Physical characteristics such as acclimation to climate, body weight, nutrition, medical conditions, and age are factors to consider. Avoid foods or drinks that contribute to dehydration like caffeine, sugary drinks, and alcohol.
- **Provide water and breaks on a regular schedule.** Water stations should be located near work areas. Maintain a regular schedule of breaks to reduce heat stress and allow workers to rehydrate. Sports drinks and other electrolyte-based drinks can help combat dehydration. Wet towels or ice are simple but effective measures to combat the stress of heat.
- **Wear clothing that is lightweight and breathable.** Avoid or reduce time wearing clothes that are heavy or waterproof. These retain heat and increase the likelihood of heat stress.
- **Locate areas where employees can escape the heat.** Identify areas such as air conditioned vehicles or office spaces where employees can cool down. Shaded areas and fans are also useful to reduce heat stress.
- **CALL 911 if a worker experiences any symptoms or displays signs.** Have an emergency plan and inform the employees of the policy. Move the worker to a cool area (air conditioning or shade etc). Loosen or remove heavy layers of clothing and begin to cool the employee with wet towels or ice.





Signs and Symptoms of Heat-Related Illness

Heat stress can affect anyone in the workplace. Look out for these items if you believe a fellow employee is at risk of falling ill to heat stress. Call 911 and contact your supervisor or manager in an emergency situation.

Heat-Related Illness	Signs and Symptoms
Heat Stroke	<ul style="list-style-type: none">• Excessive sweating• Confusion• Slurred speech• Rapid heart rate• High body temp• Change in skin color/dry skin• Loss of consciousness• Seizures
Heat Exhaustion	<ul style="list-style-type: none">• Dizziness• Fatigue• Vomiting• Heavy sweating• Fast heart rate• Thirst• Headache• Decreased urine output
Heat Cramps	<ul style="list-style-type: none">• Muscle pain/spasms in legs, arms, and trunk

