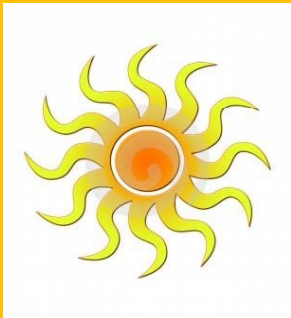


# EHS Safety Talk—Heat Stress

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Thousands of workers become sick every year from overexposure to heat. Some workers have even died from heat-related illnesses

To protect yourself and your coworkers, it is important that you can recognize the symptoms of heat-related illnesses

## HOW TO PROTECT YOURSELF FROM HEAT-RELATED ILLNESSES

1. Drink fluids regularly and frequently.
2. Avoid drinking caffeine or other diuretics.
3. Wear natural-fiber fabrics, such as cotton
4. Avoid wearing synthetic fabrics such as nylon.
5. When working outdoors: cover skin with loose-fitting, light-colored clothes.
6. Avoid wearing hats when working indoors.

## RISK FACTORS FOR HEAT-RELATED ILLNESSES

### Environmental Factors:

- ◇ Hot temperature
- ◇ High humidity
- ◇ Sunlight
- ◇ Air movement

### Personal Factors:

- ◇ Low liquid intake
- ◇ Physical labor
- ◇ Clothing
- ◇ Conditioning, acclimation
- ◇ Pre-existing personal conditions

## HOW TO CONTROL RISK FACTORS

- ◇ Air Conditioning
- ◇ Fans and blowers for Air Movement
- ◇ Work/rest regiments
- ◇ Providing cool break areas and fluids
- ◇ Training on symptoms of heat related illness

## HEAT-RELATED ILLNESS

There are four major types of heat-related illnesses:

- ◇ Heat Cramps
- ◇ Heat Rash
- ◇ Heat Exhaustion
- ◇ Heat Stroke

It is important to recognize the different between the symptoms of Heat Exhaustion and Heat Stroke.

### Heat Exhaustion:

- ◇ Headaches, dizziness, or fainting
- ◇ Extreme sweating, wet skin
- ◇ Irritability, confusion
- ◇ Nausea or vomiting

### Heat Stroke

- ◇ Hot, dry, clammy skin
- ◇ Elevated body temperature
- ◇ Unconsciousness
- ◇ Seizures
- ◇ Heat Stress is a medical emergency! Call 911 if you witness anyone suffering these symptoms!

## MORE RESOURCES:

OSHA has a heat safety tool app that allows workers and supervisors to calculate the **heat index** for their worksite, and, based on the heat index, displays a **risk level** to outdoor workers. Visit OSHA's web-site for more information:

[https://www.osha.gov/SLTC/heatillness/heat\\_index/heat\\_app.html](https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html)

NIOSH has information on heat stress management in the workplace:

<http://www.cdc.gov/niosh/topics/heatstress/>



**WATER. REST. SHADE.**  
*The work can't get done without them.*