



WORK SAFE IN THE HEAT

During 1999-2009
658 people died
each year from heat
in the US

68%
of heat related
deaths are among
males

Outdoor workers exposed to hot and humid conditions are at risk for heat-related illness. Workers new to outdoor work are at greater risk.

Your activity level, humidity, and the temperature determine your body's response to heat.

Prolonged exposure to heat may result in heat illnesses from mild to severe including heat exhaustion and heat stroke.



Heat-related illness can be prevented

Even young healthy people can get overheated. It is important to allow time to get acclimated to the heat. Age, taking certain medications, and carrying extra weight can increase risk.

Minimize risk. In hot weather your body cools itself by sweating. The evaporation of your sweat regulates body temperature. Heat illness occurs in hot temperatures when you overexert, are dehydrated, or overdressed.

Know the conditions. The Heat Index can be the best measure of determining risk because it takes both temperature and humidity into account. Working in direct sunlight adds up to 15 degrees to the heat index.

Use the buddy system to check on co-workers. Call a supervisor if someone displays signs of being overheated. If they show symptoms of heatstroke, call 911.

Heat Index	Risk Level	Protective Measures
Less than 91° F	Lower (Caution)	Basic heat safety and planning
91° to 103° F	Moderate	Implement precautions and heighten awareness
103° F to 115° F	High	Additional precautions to protect workers
Greater than 115° F	Very High to Extreme	Triggers even more aggressive protective measures



Download the OSHA
NIOSH Heat Safety Tool

Stay Hydrated. Drink 8 oz. of water every 15 minutes — don't wait until you are thirsty. Avoid sugary drinks.

Schedule frequent rest breaks in shaded or cool areas. If you are new to outdoor work, schedule more until your body becomes acclimated to the heat.

Wear appropriate clothing. Dress in light-colored breathable, and loose-fitting clothing and consider cooling garments. Be aware that protective clothing or protective equipment may increase the risk of heat stress.

Use sunscreen. Sunburn affects your body's ability to cool itself and causes loss of body fluids. It also causes pain and damages the skin.

Signs of Heat Illness

Three steps to follow if you or a co-worker becomes overheated

Heat stroke leads to a rise in body temperature and can develop over several days. If these symptoms occur seek immediate medical help by calling 911:

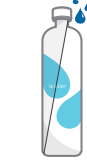
- Confusion
- Red, hot and dry skin (sweating can still occur)
- Rapid breathing, racing heart, headache
- Nausea



1. Shade. Get out of the heat and into a cool place, or at least shade.



2. Rest. Remove any extra or tight clothing and lie down. Cool by whatever means are available such as applying cool towels, fans, or misting with water.



3. Water. Drink water or a sports drink. If symptoms of heat stroke are noticed, water should be given gradually as long as the person is not vomiting.

Sources: 1. Center for Disease Control and Prevention 2. US Department of Labor – Occupational Safety Health and Administration (OSHA)

THE INFORMATION CONTAINED IN THIS PUBLICATION IS PROVIDED FOR INFORMATIONAL PURPOSES ONLY, AND SHOULD NOT BE CONSTRUED AS LEGAL ADVICE ON ANY SUBJECT MATTER. YOU SHOULD NOT ACT OR REFRAIN FROM ACTING ON THE BASIS OF ANY CONTENT INCLUDED IN THIS PUBLICATION WITHOUT SEEKING LEGAL OR OTHER PROFESSIONAL ADVICE. WE DO NOT GUARANTEE THE ACCURACY OF THIS INFORMATION OR ANY RESULTS AND FURTHER ASSUME NO LIABILITY IN CONNECTION WITH THIS PUBLICATION AND SAMPLE POLICIES AND PROCEDURES, INCLUDING ANY INFORMATION, METHODS OR SAFETY SUGGESTIONS CONTAINED HEREIN. MOREOVER, THIS PUBLICATION CANNOT BE ASSUMED TO CONTAIN EVERY ACCEPTABLE SAFETY AND COMPLIANCE PROCEDURE OR THAT ADDITIONAL PROCEDURES MIGHT NOT BE APPROPRIATE UNDER THE CIRCUMSTANCES.