SAFETY NEWS - HEAT STRESS

HEALTH RISKS

- **Heat stroke** is life-threatening. Your body can no longer cool itself. You may have hot, dry skin, experience confusion, convulsions, or loss of consciousness. **Heat stroke can kill. If you or a coworker experience symptoms, call 911 and get emergency medical help!**
- **Heat exhaustion** develops when your body has lost too much fluid. Signs of heat exhaustion include damp, flushed skin, feeling tired, nauseous, headachy, or giddy.
- **Heat cramps** occur when salt your body loses from sweating isn't replaced. They affect the muscles you use most and can set in after you've left work.
- **Heat rash** occurs when sweat can't evaporate from your skin. It can make work activities difficult to perform.

A SAFE WORKPLACE IS YOUR RIGHT!

To protect workers from heat stress, employers can:

- Provide **clean water** in convenient locations at all work areas.
- Schedule frequent **rest and water breaks**.
- Reduce work demands or scheduling heavy labor for cooler times.
- Ensure adequate **air circulation** in work areas (e.g. ventilation).
- Provide adequate and immediate **medical response** in the event of heat stress.

SEE OSHA/NIOSH/NOAA WEBSITES

**DON'T** “TOUGH IT OUT”...
A SUPERVISOR (OR COWORKER) **MUST** TAKE YOU TO A COOLER AREA IMMEDIATELY IF YOU FEEL FAINT, DIZZY OR CONFUSED...

**IT IS A MEDICAL EMERGENCY!**

Additional Resources:
- **Water.Rest.Shade:** OSHA's Campaign to Prevent Heat Illness in Outdoor Workers
- **Protecting Workers from Heat Illness:** OSHA/NIOSH Info sheet
- **Heat: A Major Killer:** National Oceanic and Atmospheric Administration

Fluid Replacement Guidelines for Warm Weather Training

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<th>HEAT CATEGORY</th>
<th>EASY WORK</th>
<th>MODERATE WORK</th>
<th>HARD WORK</th>
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Take breaks and be alert to signs of heat stress when > 85°F. Implement all precautions when ≥95°F – the DANGER ZONE for heat exhaustion and stroke.