

SAFETY MONDAY®



HEAT STRESS

It is that time of year when the heat is on. Working outdoors during hot/humid conditions can result in a heat stress-related injury(s) if employees are not prepared. Prevention and being fit for duty are key. Employees have the responsibility to recognize and understand the symptoms of heat stress and watch out for each other's safety. Employers have the responsibility to provide training to give employees the knowledge and tools to always work safe when potentially exposed to hot and/or humid environments.

Heat-related illnesses and symptoms:

- ✔ Heat rash – skin irritation due to excessive sweating.
 - Symptoms – red bumps usually on neck and upper chest
- ✔ Heat cramps – strenuous activity depletes the body's salt and water, causing cramps.
 - Symptoms can include muscle spasms or pain usually in legs or arms.
- ✔ Heat exhaustion – excessive sweating reduces the blood volume, reducing the body's ability to cool down.
 - Symptoms include heavy sweating, fatigue, rapid heart rate, dizziness/lightheadedness and elevated body temperature.
- ✔ Heatstroke – core body temperature rises above 104 degrees Fahrenheit.
 - Symptoms can include confusion, slurred speech, unconsciousness, high body temperature and rapid heart rate.

First Aid Measures:

- ✔ Take affected employees to a cool, shaded area to start lowering the body temperature. Use ice, cold/wet towels around the head, neck, armpits, etc.
- ✔ When in doubt call 911 immediately and never leave the employee alone.

Prevention & Tools:

- ✔ Always arrive at work fit for duty and hydrated. Use the urine chart as a gauge of hydration the night before and during the day.
- ✔ Consume water throughout the day at a rate of 8 ounces of water every 15 minutes. Avoid salt tablets, alcohol the night before and energy drinks as a rule.
- ✔ Use available tools and apps to monitor weather conditions.
- ✔ Discuss any questions that you have with your manager.



OSHA-NIOSH Heat Safety
Tool App | NIOSH | CDC

National Weather Service
Temperature and heat index values

Date	06/0
Hour (CDT)	20
Temperature (°F)	82
Dewpoint (°F)	76
Heat Index (°F)	89