

HEAT ILLNESS

During temperature spikes, the body maintains its core temperature by elevating heart rate and inducing sweating. If the body's cooling mechanisms are overwhelmed, heat-related illnesses such as cramps or heat stroke can develop. Early detection of symptoms and appropriate action are vital in averting emergencies. Leaders play a key role in ensuring safety from dangerous heat in the workplace by training workers to recognize and respond to heat-related illnesses.



MEDICAL EMERGENCIES

Addressing early signs of heat illness is critical to preventing medical emergencies. Heat illness can be fatal if not treated quickly. Act immediately if you recognize the symptoms below. The following are signs of a medical emergency:

If a worker experiences:

- Abnormal thinking/behavior
- Slurred speech
- Seizures
- Fainting
- Heavy sweating or hot, dry skin

Take these actions:

- Call 631-5555 immediately
- Cool the worker with water or ice right away
- If possible, move the person to a cooler or shaded area. Stay with them until help arrives.



EARLY HEAT ILLNESS

The symptoms of heat illness will intensify with time if actions are not taken to hydrate, rest, and cool down. If not treated promptly, minor symptoms of heat illness could quickly lead to a life-or-death situation.

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Elevated body temperature
- Thirst
- Decreased urine output

Take these actions:

- Give cool water to drink
- Remove unnecessary clothing
- Move to a cooler area
- Cool with water, ice or a fan
- Do not leave unattended
- Seek medical care if needed

PERSONAL PROTECTIVE EQUIPMENT (PPE)

In most cases, heat stress should be reduced by engineering controls or work practice modification. Workers should be aware that use of certain PPE (e.g., certain types of respirators, impermeable clothing, and head coverings) can increase the risk of heat illness.

Indoor workers may also be exposed to heat hazards that could result in heat illnesses. For example, those who work where there are indoor heat-generating appliances such as in bakeries, kitchens, and laundries, and heat sources such as the power plant. Other workers may conduct physical labor in a building that is not cooled properly or retains heat easily, such as a warehouse.

HOW TO AVOID HEAT ILLNESS

- Have a Heat Plan
- Complete Training on Recognizing & Responding to Heat Illness
- Modify Work Schedules to Reduce Heat Exposure
- Allow Frequent Rest Breaks
- Identify Heat Hazards
- Monitor for Heat Illness Symptoms
- Designate a Break Area & Encourage Hydration
- Be Prepared for an Emergency