

WEBINAR: Protecting workers from heat related illness

- ▶ CPL 03-00-024 National Emphasis Program - Outdoor and Indoor Heat-Related Hazards
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Know the Facts

Workers exposed to extreme heat are particularly vulnerable to illness. Between 1992 and 2017, heat stress injuries killed 815 U.S. workers and seriously injured more than 70,000, according to the Occupational Safety and Health Administration.

Overall, more than 65,000 people visit the emergency room for heat-related stress a year and about 700 die from heat, according to the Centers for Disease Control and Prevention.



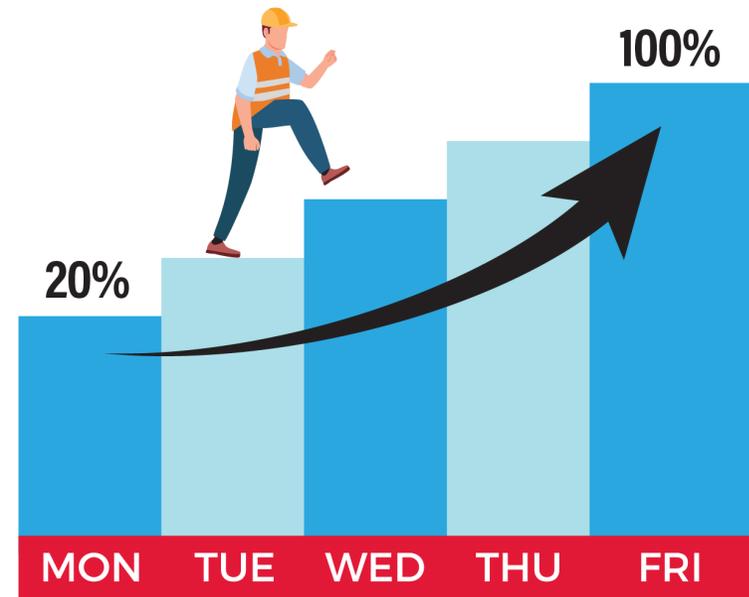
When does the
National
Emphasis
Program -
Outdoor and
Indoor Heat-
Related Hazards
Apply!

**Indoor and outdoor
workers**

**When the heat index
is 80° F or higher**

Have a Work Acclimatization Plan

Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- New and returning workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- Follow the 20% rule:
 - On Day 1, only work 20% of a shift at **full intensity** in the heat.
 - Increase the time working at full intensity by 20% a day.

Provide Cool Water

Employers must provide cool potable water. 1910.141 and 1926.51 already require this.

Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Provide Shade or a Cool Area

Take breaks in a designated shady or cool location.



Ensure employees are dressed for the heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible



Watch Out for Each Other

Monitor yourself and fellow workers for signs of heat illness.



Have a Plan

Learn the signs of heat illness and what to do in an emergency.



If Wearing a Face Covering

- ▶ Change your face covering if it gets wet or soiled.
- ▶ Verbally check on others frequently for signs of heat illness.





Symptoms of Heat Illness!
This not a first aid class this is just
general info!

Heat Related Illness (HRI)

Heat Related Illnesses - *an umbrella term used to describe a condition or process that can raise the deep core body temperature:*

- ▶ Heat Rash
- ▶ Heat Cramps
- ▶ Rhabdomyolysis
- ▶ Heat Syncope
- ▶ Heat Exhaustion
- ▶ Heat Stroke

Heat Rash

- Is frequently a red, blotchy rash that may have clusters of small pimples or blisters, if it covers a large area, the body's ability to regulate temperature through sweat may be impeded.
- Can potentially be an early sign of possible heat related illnesses

Signs & Symptoms

- ▶ Red, blotchy areas on skin that has contact with damp or tight clothing
- ▶ Small pimples
- ▶ Blisters

Heat Cramps

Are usually the result of a temporary sodium or fluid imbalance while exposed to heavy work or exercise in a high heat environment.

Signs & Symptoms

- ▶ Spasms and pain in muscles of arms, legs, or abdomen

Heat Syncope

Results when blood pools in the skin or lower parts of the body

-indicates a decreased flow of blood to the brain

-may happen when a worker is standing in one place for an extended period or suddenly moves from a sitting or lying position

Signs & Symptoms

- ▶ Dizziness
- ▶ Lightheaded feeling
- ▶ Fainting

Rhabdomyolysis

A breakdown of muscle tissue that releases a damaging protein into the blood.

Symptoms

- ▶ Muscle cramps/pain
- ▶ Abnormally dark urine
- ▶ Weakness
- ▶ Exercise intolerance

Heat Exhaustion - Signs & Symptoms

- ▶ Skin becomes pale and cool or flushed
- ▶ Headache
- ▶ Sweating, clammy skin
- ▶ Abdominal cramping, nausea, vomiting
- ▶ Weakness, lethargy
- ▶ Dizziness, confusion
- ▶ Elevated body temperature

Heat Stroke!!!!

Heat Stroke is life threatening and the most serious of the heat related illnesses.

- ▶ ***It is a medical emergency! Call 911 Immediately!***
- ▶ Heat stroke is a central nervous system failure
 - ▶ the body loses the ability to regulate temperature
 - ▶ the ability to sweat is lost
 - ▶ the heat regulating system is overwhelmed and body temperature rises rapidly

Heat Stroke - Signs & Symptoms

- ▶ Skin is hot and dry
- ▶ Body temperature is high: 104 +
- ▶ Heart rate is rapid
- ▶ Sweating is usually absent
- ▶ Chills may be present
- ▶ Victim may be confused, dizzy, and might have slurred speech
- ▶ Seizures or loss of consciousness are possible

Know the Signs of a Medical Emergency

- ▶ Abnormal thinking or behavior
- ▶ Slurred speech
- ▶ Seizures
- ▶ Loss of consciousness



Take These Actions



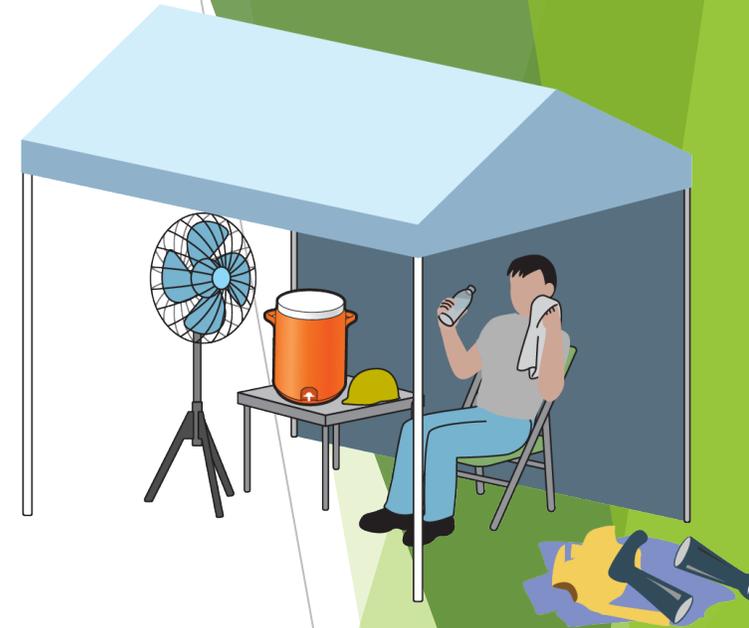
1. Call 911 immediately
2. Cool the worker right away with water or ice
3. Stay with the worker until help arrives

Watch for Other Signs

If a worker experiences:

- ▶ Headache or nausea
- ▶ Weakness or dizziness
- ▶ Heavy sweating or hot, dry skin
- ▶ Elevated body temperature
- ▶ Thirst
- ▶ Decreased urine output

Act quickly!
When in doubt, call 911.





Learn about Employer Responsibility

Under OSHA law, employers are responsible for providing workplaces free of know safety hazards like hot and humid conditions.

The General Duty Clause does apply for heat.



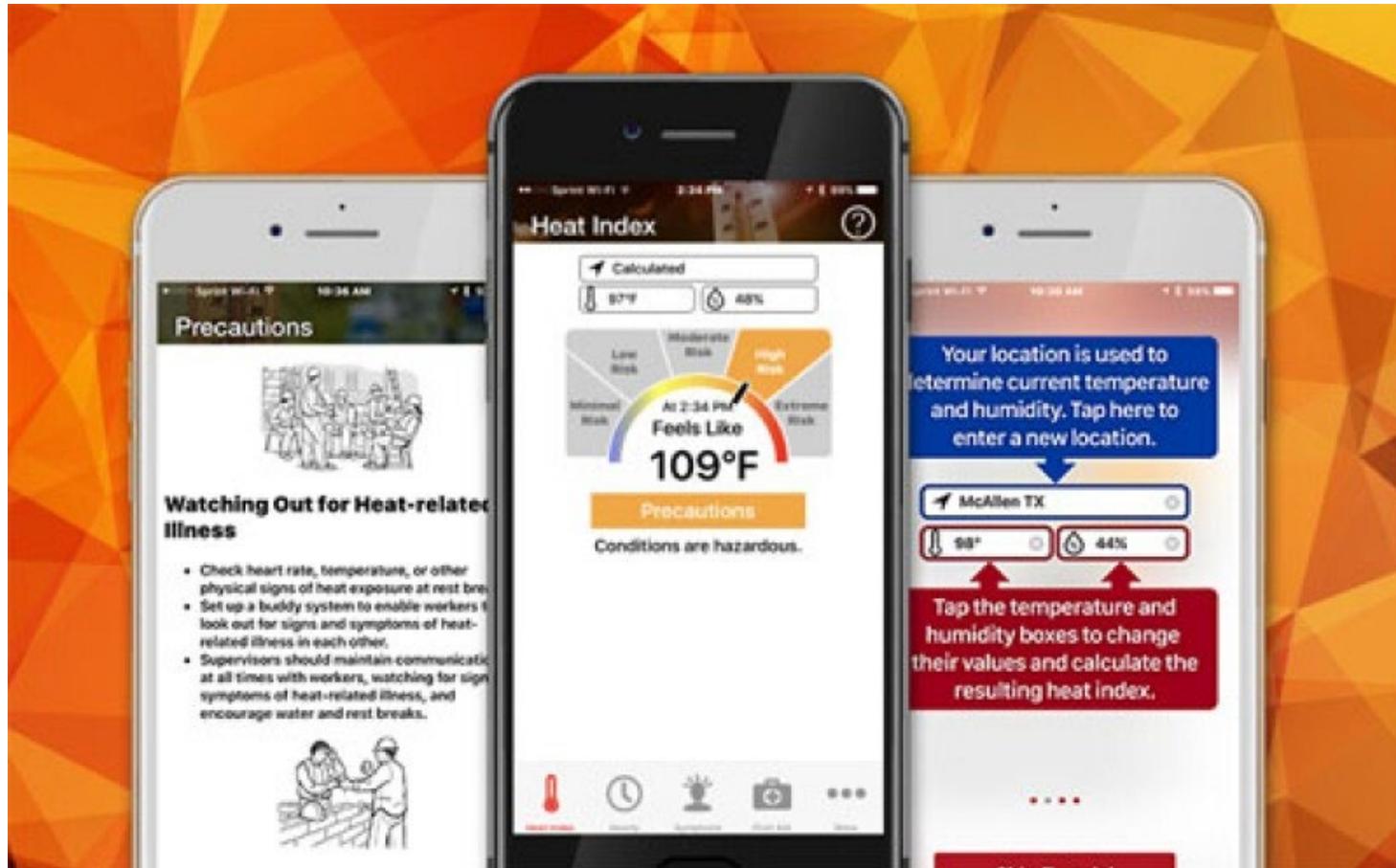
OSHA NATIONAL EMPHASIS PROGRAM ON OUTDOOR AND INDOOR HEAT HAZARDS

- ▶ The NEP establishes heat priority days when the heat index is expected to be 80° F or higher.
- ▶ VOSHA adopted on June 12, 2022

Employers should create a heat illness plan to protect workers from developing heat-related illnesses. This includes:

- Creating a heat illness plan to protect workers from heat illness
- Allowing new or returning workers to gradually increase workloads and take more frequent breaks so they acclimatize
- Providing workers with water, rest, and a shady or cool space
- Frequently monitoring workers for signs of heat illness throughout the day
- Training supervisors and workers to recognize heat illness symptoms
- Planning for heat emergencies and calling 911 when needed

NIOSH, OSHA Introduce Improved Heat Safety App
Caution (less than 80°F HI), Warning (80°F - 94°F HI),
Danger (95°F HI or higher), and offers recommended
actions to protect workers.



Know Your Rights

- ▶ Federal law entitles you to a safe workplace.
- ▶ You have the right to speak up about hazards (e.g., heat) without fear of retaliation.
- ▶ If you believe working conditions are unsafe, visit <https://www.osha.gov/workers> for information on how to file a confidential complaint with OSHA and ask for an inspection.

Find Resources

- ▶ <https://www.osha.gov/heat>
- ▶ https://www.osha.gov/dts/osta/otm/otm_iii/otm_iii_4.html03101996
- ▶ <https://nihhis.cpo.noaa.gov/>
- ▶ <https://www.osha.gov/heat-exposure>
- ▶ <https://www.osha.gov/heat-exposure/illness-first-aid>
- ▶ https://www.osha.gov/sites/default/files/publications/heat_stress.pdf
- ▶ <https://www.osha.gov/heat-exposure/prevention>