

Prevent Heat Illness in the Workplace

May 2021





Know the Facts



Every year **thousands** of workers become **sick** from occupational heat exposure and some cases are **fatal**.





Who is affected by heat?

- Indoor and outdoor workers
- Any worker exposed to hot and humid conditions, regardless of age or physical condition
- New workers, temporary workers, and individuals returning to work after an extended time are at an increased risk





Protect Yourself and Others



OSHA[®]

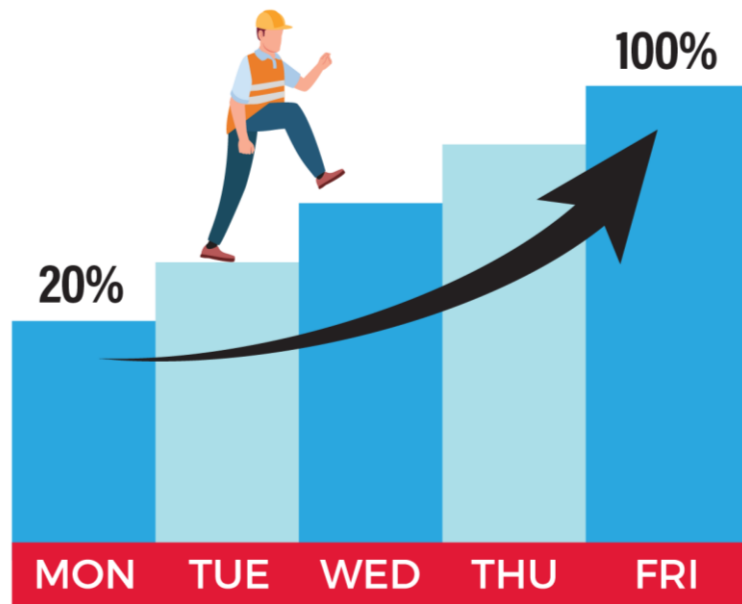


Nearly **3 out of 4 fatalities** from heat illness happen during the **first week** of work.





Ease Into Work: Acclimatization



- 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.





Drink Cool Water

Drink 1 cup of cool water every 15 minutes, even if you are not thirsty.



Take Rest Breaks

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





Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress 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.





First Aid for Heat Illness





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



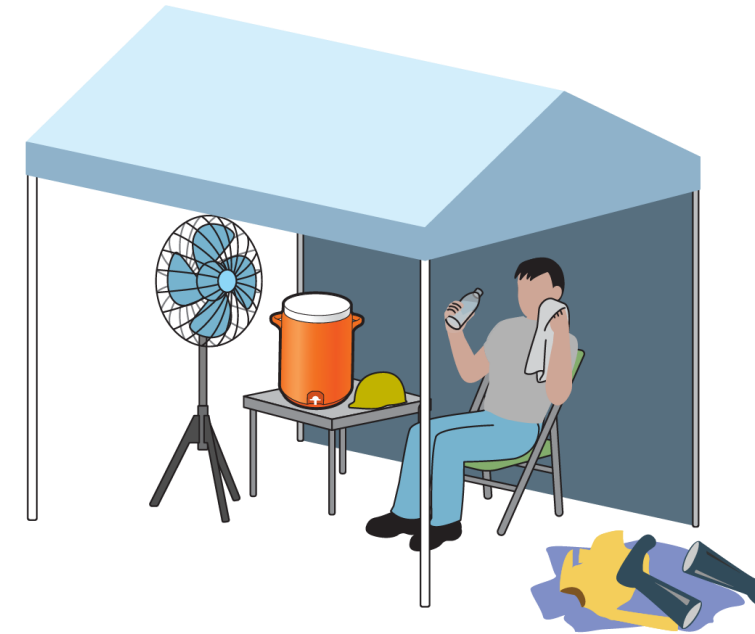


Watch for Other Signs

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.*



Take these actions:

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





Learn about Employer Responsibility

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





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>

