



HEAT ILLNESS

Workers who are exposed to hot and humid environments are at a higher risk of developing heat related illnesses. Heat illness is a spectrum of disorders due to environmental heat exposure. Types of heat illness can include 1) Heat Rash 2) Heat Cramps 3) Heat Exhaustion 4) Heat Stroke

HEAT RASH

Caused by excessive sweating during hot humid weather.

Symptoms

- Clusters of small red bumps, blisters or pimples that normally appear on the neck, upper chest, groin, or elbow creases.

Heat Rash First Aid:

- Get to a cooler and less humid area as soon as possible.
- Keep the rash dry.

HEAT CRAMPS

Caused by loss of water and salt through sweat.

Symptoms

- Muscle cramps, pain, and or spasms

Heat Cramp First Aid:

- Stop all activity, go to a cool place
- Take extra precaution if you have heart problems
- Drink sports drinks or water (no ice)
- Seek medical help for excessive cramps.

HEAT EXHAUSTION

Caused by excessive loss of water and salt through sweat.

Symptoms

- Headaches, dizziness, nausea
- Clammy pale skin
- Heavy sweating
- Mood changes
- Upset stomach or vomiting
- Rapid heartbeat and breathing

Heat Exhaustion First Aid:

- Monitor them and move to cool area
- Apply cold packs to head, neck, & face
- Rehydrate (Water + Sports Drink)
- Sponge cool water/fan them
- Seek medical care

HEAT STROKE *-medical emergency* Body is unable to control its temperature.

Symptoms

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- Hallucinations/confusion
- Chills, throbbing headache
- Loss of consciousness
- High body temperature
- Dry, red, hot skin
- Shallow breathing
- Slurred speech
- Can stop sweating

Heat Stroke First Aid:

- Call 911
- Move worker to a cool area and have them sit or lay down
- Remove all excess clothing
- Apply cool water to their body
- Apply cold packs to arm pits, groin, neck and back.

RISKS/CONTRIBUTING FACTORS

Contributing factors that increase the risk of developing heat illness:

- High temperature and humidity, including extreme heat
- Low fluid consumption
- Direct sun exposure with limited shade
- Limited air movement (no breeze)
- Performing heavy work in the heat
- Wearing bulky protective clothing in hot weather
- Not used to the hot work environment (new employee)

HEAT ILLNESS PREVENTION

If possible, avoid working in extreme heat/humidity, *especially if performing heavy work.*

RECOMMENDATIONS TO STAY SAFE

- Be alert and ready to identify a potential heat illness threat from high heat, humidity, sun exposure, work demands, PPE, personal risk etc
- Know the signs of heat illness and what to do in an emergency. *OSHA App*
- Drink cool water continuously throughout the day, even if you're not thirsty.
- Rest in the shade to cool down.
- Wear a hat, light-colored and loose-fitting clothing
- Keep an eye on fellow workers.
- "Easy does it" on your first days of work in the heat. You need to get used to it.

Links:

Occupational Heat Exposure: <https://www.osha.gov/SLTC/heatstress/>

Heat Illness Campaign: <https://www.osha.gov/SLTC/heatillness/index.html>

Heat Illness Symptoms and First-Aid: https://www.osha.gov/SLTC/heatstress/heat_illnesses.html

OSHA/NIOSH Heat Safety Phone App: *great resource to have on your mobile phone*

https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html