

HEAT ILLNESS



Temperatures of **80 degrees Fahrenheit or higher** put all outdoor workers at risk. Risk increases with high humidity, sun exposure, high workload, & time outdoors.



Employers should establish a program to prevent heat illness.

- ☀ Provide one (1) quart of water per hour for each worker.
- ☀ Provide easy access to shade or air-conditioned space for breaks.
- ☀ Require breaks to cool down. Make more frequent and longer when it's hotter (5-20 minutes per hour.)
- ☀ Build workers' heat tolerance by gradually increasing workloads and allowing frequent breaks for new workers and those returning after a week or more off.
- ☀ Train workers to recognize symptoms of heat illness, what to do when they occur, and when to call 9-1-1.

If a worker experiences:



Take these actions:

Headache or nausea.
Weakness or dizziness.
Heavy sweating.
Elevated body temperature.
Thirst or decreased urine output.
Fainting, vomiting, or lightheaded.

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 or call 9-1-1.

Heat Stroke: A worker experiencing loss of consciousness, disorientation, slurred or garbled speech, hallucinations, seizure is having HEAT STROKE. Call 911.

This is life-threatening and requires immediate medical attention. Move them to a cool place, remove unnecessary clothing and cool them down with water and ice as much as possible.