

Heat Illness Prevention



Working outdoors is one of the most serious challenges to the safety and health of workers during the summer months.

Heat illness can be a matter of life and death and workers die from heat stroke every summer, however it is preventable!

Heat Illness Prevention

- Drink small amounts of water often
- Take short breaks from work
- Rest in the shade or indoors until cooled off
- Wear loose fitting, lightweight clothing and a wide-brimmed hat
- Avoid working for long stretches in the heat until acclimated

Heat Exhaustion can cause a combination of symptoms. Common symptoms include:

- Headache
- Nausea
- Dizziness
- Vomiting
- Confusion
- Irritability
- Thirst
- Weakness

The Remedy:

WATER, REST & SHADE



Heat Stroke is the most serious effect of heat. Left untreated, heat stroke can shut down major body organs causing heart, liver, kidney failure. Treatment should be sought immediately if any of these warning signs are present:

- Loss of consciousness
- Shortness of breath
- Pale skin
- Throbbing headache
- Muscle weakness
- Muscle cramps
- Seizures
- Dry skin

Respond to Symptoms

If you notice an employee exhibiting any of the symptoms above, follow the steps below:

- Call 911 immediately
- Help the employee move to a cooler place
- Provide water
- Help the employee loosen their clothing
- Place icepacks on their groin area and under their arms. If icepacks are not available, wet their clothing, and
- Stay with the employee until help arrives