

SAFE PRACTICES

Heat Illness Prevention

OSHA Regulations require businesses to have a **Heat Illness Prevention Plan** in effect when people are working outside and temperatures are forecast to be 80 degrees Fahrenheit or higher at anytime during the day. Please use the links below to access important Heat Illness information.

[Heat-Illness-Prevention-Plan-for-Production](#) [Heat Illness Symptoms](#) [AMPTP Safety Bulletin #35: Safety Considerations for the Prevention of Heat Illness](#)

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure
- No breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces (acclimation)

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Muscle cramps
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

SEE SET MEDIC OR CALL 911 IMMEDIATELY

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

CALL 911 IMMEDIATELY

How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty.
- Drink 8 ounces of water every 15 minutes.
- Avoid beverages that contain alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.

What to Do When a Worker Has Heat Illness

- Call Set Medic or Supervisor for help. If not available, call 911.
- Have someone stay with the worker until help arrives.
- Move worker to a cooler/shaded area.
- Remove the worker's outer clothing.
- Fan and mist the worker with water; apply ice bags or ice towels.
- Provide cool drinking water, if worker is able to drink.

***IF THE WORKER IS NOT ALERT OR SEEMS CONFUSED, THIS MAY BE A HEAT STROKE.
CALL 911 IMMEDIATELY AND APPLY ICE AS SOON AS POSSIBLE.***