

# HEAT ILLNESS PREVENTION

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

## Environmental Risk Factors:

Working conditions that create the possibility that Heat illness could occur. Includes air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personal protective equipment worn by employees

## 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)

## SEE FIRST AID OR CALL 818-954-3333 IMMEDIATELY

### Symptoms of Heat Stroke

- Confused, unable to think clearly, passes out, collapses or has seizures (fits)
- May stop sweating and/or have hot, dry skin
- CALL 818-954-3333 IMMEDIATELY

### How You Can Protect Yourself and Others

- Know signs/symptoms of heat illness; monitor yourself; use a buddy system
- Block out direct sun and other heat sources
- Drink plenty of fluids. Drink often & 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 unavailable, call 818-954-3333
- 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

## Personal Risk Factors:

Factors such as an individual's age, degree of acclimatization, health, water consumption, and use of prescription medications that affect the body's water retention or other physiological responses to the heat.

## Symptoms of Heat Exhaustion

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

## Access to Cool-down Areas

- Take a preventative cool-down rest in cool-down areas to protect from overheating
- Cool-down areas includes areas that are blocked from direct sunlight and shielded from other high radiant heat sources and is either open to the air or provided with ventilation or cooling cooling

## Acclimatization

- Acclimatization peaks within 4 to 14 days of work for at least 2 hours per day in the heat
- Start work slowly, increase the pace gradually

## Water

- Potable drinking water is provided free of charge
- You're encouraged to drink at least one quart of water per hour

**IF THE WORKER IS NOT ALERT OR SEEMS CONFUSED, THIS MAY BE A HEAT STROKE.  
CALL 818-954-3333 IMMEDIATELY AND APPLY ICE AS SOON AS POSSIBLE.**