

Heat Illness Prevention

Heat Illness is a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat cramps, heat exhaustion, heat syncope, and heat stroke. Heat illness can quickly progress from mild to life-threatening.

Heat Illness Prevention measures apply to all **outdoor** work areas where the temperature equals or exceeds **80°F** and to all **indoor** work areas where the indoor temperature equals or exceeds **82°F**.

Environmental Risk Factors

- Certain working conditions could increase the possibility of a heat related illness. This includes:
- Air Temperature
 - Relative Humidity
 - Radiant heat from the sun and other sources
 - Conductive heat sources such as the ground, air movement
 - Workload severity/ heavy physical labor and duration
 - Protective Clothing (Waterproof Clothing)
 - Personal Protective Equipment

Personal Risk Factors

- Personal Risk Factors that could increase the possibility of a heat related illness includes:
- Age
 - Degree of Acclimatization
 - Personal Health
 - Water Consumption / Low Liquid Intake
 - Use of prescription medications that affect the body's water retention or other physiological responses to the heat

Signs/Symptoms of Heat Illness

- Confusion
- Dizziness
- Irritability
- Poor Concentration
- Muscles Pain / Cramps
- Lack of Sweating or Excessive Sweating
- Altered Behaviors
- Blurry Vision
- Discomfort
- Headache
- Fatigue
- Loss of Conscious
- Vomiting
- Seizures
- Fainting / Syncope
- Chills

Symptoms of Heat Exhaustion

- Headaches, Dizziness, or Fainting / Syncope
- Weakness
- Wet Skin
- Muscle Cramps
- Irritability or Confusion
- Thirst, Nausea, or Vomiting

Symptoms of Heat Stroke

- Confusion, inability to think clearly, loss of consciousness, fainting, or seizures
- May stop sweating and/or have dry skin
- If anyone exhibits any of these symptoms:
 - On the WB Lot CALL 818-954-3333
 - Off-Lot CALL 911

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 water. Recommended 8 ounces every 15 minutes
- Drink often & BEFORE you are thirsty
- Avoid beverages that contain alcohol or caffeine. Electrolyte drinks should be consumed in moderation
- Wear hats, lightweight, light colored, loose-fitting clothes
- Use sunscreen, cooling ties, cooling bandanas or other Heat Illness Personal Protective Equipment

What to Do When a Worker Has Heat Illness

- Call First Aid, Set Medic or Supervisor for help. If unavailable, **CALL 818-954-3333 (WB Lot) or 911 (Off-Lot)**
- 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 alert and able to drink

How To Prevent Heat Illness

Access to Shade When Outdoors

- Take a preventative cool-down rest in the shade to protect from overheating
- Shade includes blockage of direct sunlight that is either open to the air or provided with ventilation or cooling

Access to Cool-Down Areas When Indoors

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

Acclimatization

- The temporary adaption of the body to work in the heat that occurs gradually when a person is exposed to it.
- It peaks within 4 to 14 days of regular work (For at least 2 hours per day in the heat)
- Start work slowly, increase the pace gradually

Water

- Cool drinking water is provided free of charge and located as close as practicable to the work area
- Drink at least 8 ounces of water every 15 minutes (32oz per hour)

IF THE WORKER IS NOT ALERT OR SEEMS CONFUSED, THIS MAY BE HEAT STROKE. CALL 818-954-3333 (WB LOT) OR 911 (OFF-LOT) AND INITIATE COOL DOWN MEASURES IMMEDIATELY