## HEAT STRESS



The reaction of individual to excessive heat exposure is different from person to person. Physical fitness, hydration state, gender, anthropometric data, age, history of heat illnesses, acclimation, drug use, and alcohol consumption are some of the important parameters that affect the individual response to heat exposure Proper measures should be taken in order to protect the workers from heat stress-related iniuries.

Nausea

Heat

**Exhaustion** 

Headache

Dizziness

Notify your supervisor

- Get to a cooler, shaded area

- Drink water (if you are fully

Remove clothing

- Use cold cloths or

conscious)

compresses - Provide medical aid if necessary

Fatigue

Weakness

Heavy sweating

Muscle cramps

## **Employers** Drink a cup of water every 15 to 20 minutes, thirsty or not **Provide water** Avoid caffeine and alcohol when you are exposed to heat Workers should drink a cup of cool water every 15 to 20 minutes. light, loose-fitting, and light colored clothing Wear **Schedule** frequent, short breaks in shaded areas Provide shade Provide a cool, shaded locations Communicate with your co-workers when working in heat for workers to rest and cool off. Notify your employers if you recognize any symptoms Provide acclimation program yourself and co-workers against heat stress Protect Gradually increase the workload to give workers to adjust to working in heat Nausea Hot, dry skin **Provide flexible schedule** Loss of consciousness When the working area is hot, or Confusion workers are exposed to sun light, Heat Strange behavior schedule heavy tasks during shade Stroke and cooler temperatures. High body temperature Headache **Provide training** Train your workers about the heat stress and heat exposure. Educate - CALL 9-1-1 your workers to recognize the Notify your supervisor heat stress-related symptoms and - Move the person to a cooler seek first aid and medical help. area – DO NOT GIVE FLUIDS

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