

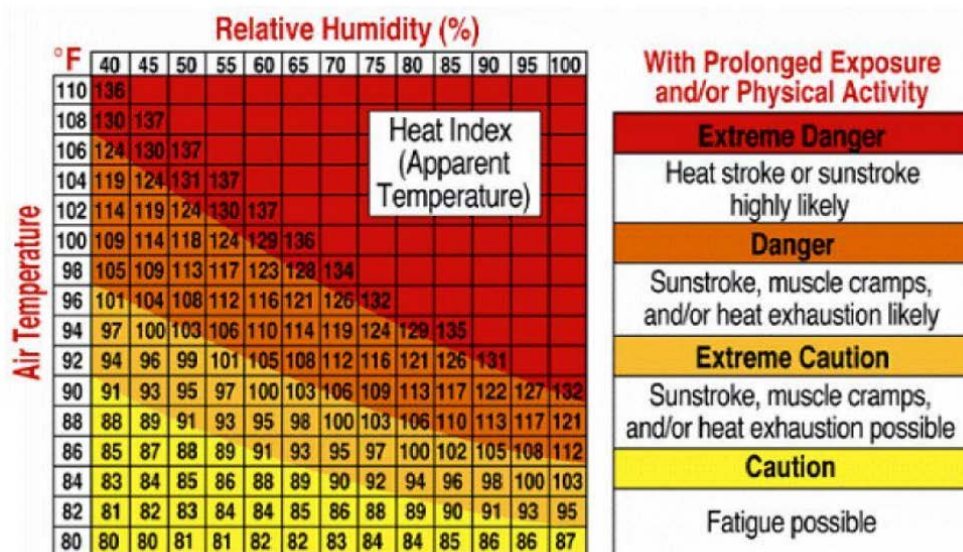


Working in Hot Weather

With the summer temperatures upon us, it is important employees are aware of the dangers associated with extreme hot temperatures and are prepared to work in them. To reduce the risks of heat illness you need to know when you are at risk, how to recognize the symptoms and what to do if symptoms occur:

Know the Heat Index

- As temperatures increase, so does your risk to heat illness.
- Download the [OSHA-NIOSH Heat Index Safety Tool](#) to your smart device to assist in calculating the heat index, provide reminders of corrective measures, and review signs and symptoms and first aid measures of heat illness.
- As the heat index rises above 103°F, there is a high risk for heat-related illness, so additional measures to protect workers are needed.
 - Increase rest periods and determine appropriate work/rest schedules.
 - Reduce workload and pace strenuous work tasks.
 - Schedule most strenuous activities during the coolest parts of the day.
 - Remind workers to drink plenty of water every 15 to 20 minutes.



Be Fit for Duty

- Ensure you are well rested, properly hydrated, and physically and mentally capable of performing work duties.
- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water

Hydrate During Work

- Drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice. When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
- This translates to $\frac{3}{4}$ –1 quart (24–32 ounces) per hour. Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

Take Breaks

- Take plenty of breaks in cool areas. Adjust work operations and gradually build up the workload for employees not acclimated to the environment.
- Utilize Stop Work Authority if you notice heat related symptoms within yourself or your coworkers.
- Working in full sunlight can increase heat index values by 15 degrees Fahrenheit, be mindful of your surroundings and time spent in the sun.
- Avoid energy drinks! These contain heavy amounts of caffeine; a substance that may cause your body to lose more water through frequent urination.
- Avoid consuming alcohol 24 hours before your shift.

Symptoms of Heat Illness

Heavy sweating	Thirst	Fast heartbeat	Fainting
Headache	Weakness	Muscle cramps	Vomiting/not able to keep liquids down
Dizziness	Cool, moist skin	Confusion	Seizures
Light headedness	Irritability	Very high body temperature	Inability to eat or drink

Respond to Heat-related Illness Without Delay

- Workers who show symptoms of heat-related illness need immediate attention. Treat milder symptoms (headache, weakness, thirst, Etc.) early.
- Have employee sit or lie down in a cool, shady area and give the employee water to drink;
- Cool the employee with cold compresses, ice packs, or cooling towel to the back of the neck, underarms and between the upper thighs.
- Notify your supervisor immediately if an employee is showing any signs of heat illness.

Call 911 immediately if a worker loses consciousness or appears confused or uncoordinated. These are signs of possible heat stroke. Heat stroke is fatal if not treated immediately