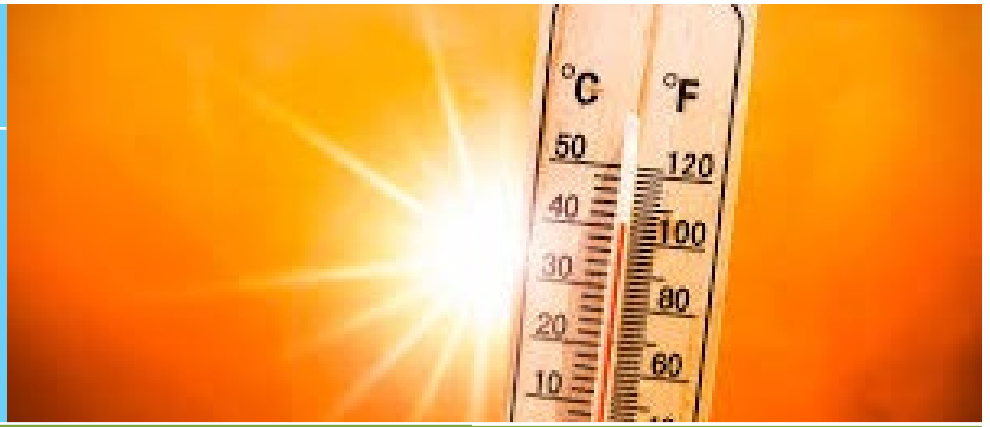


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*Work Safely in Heat.
Providing training on heat illness.*



Safety Toolbox

Heat illness



What is heat illness:

As outdoor and indoor temperatures rise, a worker's core body temperature may begin to rise. The body's natural way to regulate temperature is to increase its heart rate and sweat. This helps the body's core temperature from rising to unhealthy levels.

Heat illness develops when these mechanisms are not enough to keep the core body temperature from rising.

Addressing symptoms early helps reduce the likelihood of a medical emergency. These illnesses are on a spectrum and conditions and symptoms can range from minor heat cramps to life-threatening heat stroke.

Heat-Related medical emergencies require immediate actions

Addressing early signs of heat illness is critical to preventing medical emergencies. Heat illness can be fatal if not treated quickly. Act immediately if you recognize the symptoms below. The following are signs of a medical emergency.

Heat Illness is preventable:

- Drink Cool Water
- Take Rest Breaks
- Find Shade or a Cool area
- Wear light colored, loose-fitting clothing where possible
- Check on your co-workers
- Some equipment can increase heat exposure

If a workers experiences:

- Headache or nausea
- Abnormal Thinking of behavior
- Slurred Speech
- Seizures
- Fainting, weakness or dizziness
- Heavy sweating or hot, dry skin.
- Thirst

Take These Action:

- Call 911 immediately
- Cool the worker right away with water or ice.
- If possible, move the person to a cooler or shaded area. Stay with the worker until help arrives.

Indoor and outdoor workers are at risk for heat illness.

Occupational Risk Factors

Occupational risk factors include both the work environment and the work you are doing. The temperature, humidity, length of time close to heat sources, the direct sunlight are all factors to pay attention to in the work environment. In addition, the physical exertion or workload required for your job, being unaccustomed to or not used to working in the heat, and the clothing or protective equipment you wear can contribute to your risk of heat illness.

Personal Risk Factors

Personal Risk Factors

Workers should pay attention to their lifestyle, habits, and body when working in the heat.

Medications:

such as antihistamines, diuretics, blood pressure medications, and others

Physical Characteristics: older age, lower levels of physical fitness, pregnancy, acclimatization status, (i.e., if you have built tolerance to working in heat), and others

Health Conditions:

diabetes, obesity or overweight, high blood pressure, heart disease, and others



Behavioral

Characteristics: recent alcohol use, use of illicit drugs such as opioids, methamphetamine, and cocaine, a low intake of water, and others

Heat Safety Tool



OSHA-NIOSH Heat Safety Tool is available on Apple & Android devices.

The app allows workers to calculate the heat index, displays a risk level to outdoor workers. This app can set up reminders about protective measures that should be taken for and knowing what to do in an emergency, how to adjust work operations, training on heat illness signs and symptoms.

Features real-time index and hourly forecasts, specific to your location.



APP: Stay informed and safe in the heat, check your risk levels.