

RESOURCES

In an emergency, call 911 (U.S.) or 060 (Mexico) to receive medical attention for a Heat Illness. For more information on Preventing Heat Stress and Illness go to [osha.gov/heat](https://www.osha.gov/heat) or contact the number below:

Occupational Safety and Health Administration (OSHA): +1 (800) 321-6742

DISCLAIMER

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TRAINING TOPICS

- Information in Heat Stress.
- OSHA guidelines as they apply to heat illness.
- Who is affected by heat illness?
- Symptoms of heat illness.
- Immediate actions to take when someone is suffering from heat illness.
- Preventative methods to combat the risk of heat exposure.



OSHA Standards

Under the General Duty Clause, Section 5(a)(1) of the Occupational Safety and Health Act of 1970, employers are required to provide their employees with a place of employment that "is free from recognized hazards that are causing or likely to cause death or serious harm to employees." The courts have interpreted OSHA's general duty clause to mean that an employer has a legal obligation to provide a workplace free of conditions or activities that either the employer or industry recognizes as hazardous and that cause, or are likely to cause, death or serious physical harm to employees when there is a feasible method to abate the hazard. This includes heat-related hazards that are likely to cause death or serious bodily harm.



HEAT STRESS PREVENTION

RESOURCES ON HOW YOU CAN PREVENT HEAT ILLNESS AT WORK



Registration For Company



Registration For Individual



WHAT IS HEAT ILLNESS?

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illness is range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

WHO IS AFFECTED?

Workers exposed to hot and humid conditions, particularly those doing heavy work tasks or using bulky

Heat Illness Prevention



Remember three simple words:



Drink water often



Rest in the shade



Take breaks in shade



Limit time in the heat

SYMPTOMS OF HEAT ILLNESS

- Excessive sweating
- Extreme thirst
- Dry mouth
- Pale, moist skin
- Headaches
- Irritability
- Rapid breathing
- Cramps or nausea
- Confusion or aggressive behavior
- Seizures or convulsions
- Unresponsiveness

HEAT EXHAUSTION FIRST AID

- Move victim to a cool place.
- Keep the victim lying down and elevate the legs and feet slightly.
- Remove excessive clothing.
- Hydrate with cold water, a decaffeinated sports drink containing electrolytes or other nonalcoholic beverage without caffeine.
- Cool the victim by applying cold packs or wet towels or cloths. Fan the victim.
- Monitor the person carefully. Seek medical help if necessary.

Heat Hazard Recognition

- Environmental conditions (such as air temperature, humidity, sunlight, and air speed), especially on sequential days.
- Presence of heat sources (e.g., hot tar ovens or furnaces) in the work area.
- Level of physical activity, i.e., the workload leading to body heat production.
- Use of clothing or protective gear that can reduce the body's ability to lose excess heat.
- Individual/personal risk factors.

