

Heat Illness Can Be Fatal



Working in an excessively hot environment can be difficult and even fatal. Heat can create a number of safety problems and illnesses, including **heat cramps**, **heat exhaustion** and **heat stroke**, which can be fatal. These illnesses caused by too much heat are called hyperthermia.

Heat can also cause you to become inattentive, short-tempered, dizzy, and slow. All of these conditions can cause you to work in an unsafe manner and are preventable.

Hot conditions can be caused by the weather or by the work situation itself, such as working in a laundry-room or a foundry, or doing excessive manual labor. When the atmosphere is humid, the effects of the heat are compounded.

*****It is important that one remain alert to the signs of heat illness in oneself and in one's co-workers and have a Heat Stress plan prior to working in a potential heat stress environment.***

If signs of heat illness develop, move the victim to a cool place and cool her or him off as quickly as possible. If one has any reason to suspect that the person may be suffering from heat stroke (see symptoms on next page), call for medical help immediately.

*Here are the warning signals
of heat illness:*



- ◆ **Heat Cramps.** Heat cramps affects muscles such as those in the arms, legs and abdomen – the muscles which have been used while working. These cramps may occur after work, when the person is resting. Heat cramps are a signal that the body has lost too much salt through sweating.
- ◆ **Heat Exhaustion.** Heat exhaustion is a serious condition that needs immediate attention. One may have any or all of these symptoms: A feeling of exhaustion, nausea, dizziness, pale and clammy skin, quick pulse, and low blood pressure. Heat exhaustion is also a warning that the mechanism which controls heat for the body has become seriously overtaxed. Heat stroke may follow if heat exhaustion is not treated.
- ◆ **Heat Stroke.** Heat stroke is a serious matter and it can be fatal. It occurs when the body's heat control mechanism simply shuts down. **Perspiration stops** and the body temperature rises. The heart pounds and the skin becomes flushed and hot. This condition is a medical emergency and must be treated immediately.

See the American Industrial Hygiene Association website below, for more information on how to prevent Heat Stress

[Heat Stress/Cold Stress
https://www.aiha.org/publications-and-
resources/HealthandSafetyIssuesinNaturalDisasters/Pag
es/Heat-StressCold-Stress-.aspx](https://www.aiha.org/publications-and-resources/HealthandSafetyIssuesinNaturalDisasters/Pages/Heat-StressCold-Stress-.aspx)



Here are some tips for preventing heat illness:



- ◆ Get used to working in the heat gradually. For example, if the weather suddenly turns hot or one is transferred to a hot environment, one should take it easy until one is accustomed to the temperature.
- ◆ Drink water often to avoid dehydration. The body loses water through perspiration, so one needs to replenish it frequently. Do not drink alcoholic beverages or caffeinated beverages because they will cause one to lose even more water and salt.
- ◆ Take frequent rest breaks when working in hot conditions. These breaks can consist of moving to a cooler area or switching to lighter work for awhile.
- ◆ Get a physician's advice before replacing salt, particularly if your salt intake is restricted for medical reasons such as circulatory problems. The use of salt tablets is not recommended. Eating lightly salted food – before entering the work environment – may be a better idea. Also available are special drinks which are intended to replace the body's fluid and mineral levels.
- ◆ One should dress lightly, in layers so that one can subtract or add clothing as the temperature changes. Be sure to shade the skin against the sun.



There is an App for that!



OSHA-NIOSH Heat Safety Tool

Android - Download from the Google Play Store! iPhone - Download from iTunes!

With the OSHA-NIOSH Heat Safety Tool, you have vital safety information available whenever and wherever you need it - right on your mobile phone.

The App allows workers and supervisors to calculate the heat index for their worksite, and, based on the heat index, displays a risk level to outdoor workers. Then, with a simple "click," you can get reminders about the protective measures that should be taken at that risk level to protect workers from heat-related illness-reminders about drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.



Tomorrow is the Reward ... For Keeping Safe Today

There is an App for that!



Heat Safe! x
https://itunes.apple.com/us/app/osha-niosh-heat-safety-tool/id1239425102?mt=8

OSHA-NIOSH Heat Safety Tool

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By Centers For Disease Control and Prevention

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Description

Take precautions against outdoor heat while at work with the OSHA-NIOSH Heat Safety Tool. Featuring real-time heat index and hourly forecasts, specific to your location, as well as occupational safety and health recommendations from OSHA and NIOSH. The OSHA-NIOSH Heat Safety Tool is a useful resource for planning

[OSHA-NIOSH Heat Safety Tool Support](#)

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Category: Weather

Released: May 24, 2017

Version: 3.0

Size: 33.6 MB

Languages: English, Spanish

Seller: Centers for Disease Control and Prevention

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Rated 12+ for the following:

Infrequent/Mild

Medical/Treatment Information

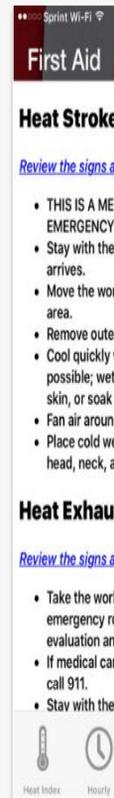
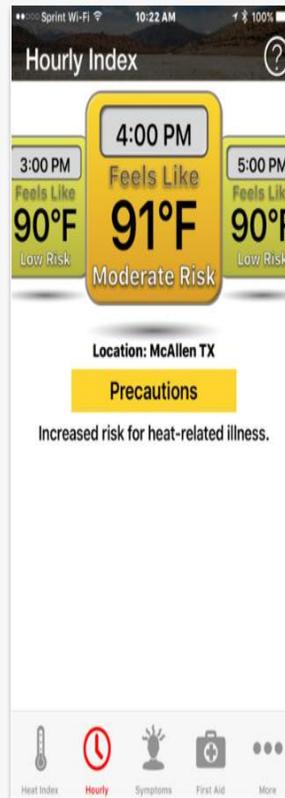
Compatibility: Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.

Customer Ratings

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