

# Heat safety in the workplace

## Heat-related illness symptoms

Heat exposure can be dangerous! Monitor yourself and others for the following signs of heat illnesses.

### Heat stroke

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache, dizziness, nausea, confusion
- Losing consciousness (passing out)

### Heat exhaustion

- Heavy sweating, fast or weak pulse
- Cold, pale, and clammy skin
- Nausea or vomiting
- Muscle cramps, dizziness, headache
- Tiredness, weakness, fainting (passing out)

### Heat cramps

- Heavy sweating during intense exercise
- Muscle pain or spasms

### Sunburn

- Painful, red, and warm skin
- Blisters on the skin

### Heat rash

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

**Did you know?** 50% to 70% of outdoor fatalities occur in the first few days of working in warm or hot environments. The body needs to build a tolerance to the heat gradually over time.

## Heat safety in the workplace

Hazardous heat exposure can occur indoors or outdoors and can occur during any season.

**Ease into work.** New and returning workers need to build tolerance to heat and take frequent breaks.

**Watch for signs of heat illness and act quickly. When in doubt, seek care at first signs of heat related illness.**

Contact your Everside Health provider to learn more about heat safety today!

## Ways to protect yourself

Prevent or reduce your risk for heat-related illnesses by practicing the following heat safety tips.

### Stay hydrated!

Drink cool water more often, even if you are not thirsty.

### Limit caffeine, sugary beverages and alcohol

These beverages cause your body to remove fluids at a much quicker rate, leading to dehydration.

### Take a break

Take time to recover from heat given the humidity, temperature, and conditions. Take breaks in a designated shady or cool location.

### Dress for the heat

Wear a hat and light-colored, loose-fitting, and breathable clothing when possible. Apply sunscreen (SPF 15+) 30 minutes prior to going out in the sun.

### Be informed

Check your local news for extreme heat alerts, safety tips and to learn about any cooling shelters. Be aware of heat related symptoms and have a safety and emergency plan in place.

#### Sources:

[Heat Illness Prevention Campaign | OSHA](#), accessed 06/09/2022

[Natural Disasters and Severe Weather – Extreme Heat | CDC](#), accessed 06/09/2022

[Heat Stress | CDC/NIOSH](#), accessed 06/09/2022

