



SAFETY ALERT

2018-07

Beat the Heat

Every year, thousands of workers become sick from heat exposure and heat related illnesses, and some even die. These illnesses and deaths are preventable.

Workers need to be educated on the dangers of working outdoors or in hot environments. They need to monitor each other and recognize signs of heat-related illnesses, administer appropriate first aid or call for emergency assistance.

Tips for avoiding heat-related illnesses:

- Steps in place to help workers become acclimated to working in the heat.
- Gradually increase workloads and allow more frequent breaks at first.
- Shade for the workers to be out of the direct sunlight when on breaks.
- Stay hydrated-Provide safe drinking water close to the work area.
- Schedule the more physically demanding work for cooler time of the day.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of heat related illness.
- Indoor Environments add engineering controls when possible:
 - Air Conditioning in break room
 - Increased general ventilation
 - Cooling Fans
 - Elimination of steam leaks

The most effective way to protect workers is educating and procedures in place for responding to heat related illness and contacting emergency medical services.

WATER – REST – SHADE

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