

# SAFETY BULLETIN

## EXTREME HEAT

Heat is the number one weather-related killer in the United States, resulting in more fatalities each year than floods, lightning, tornadoes and hurricanes combined. In the heat wave of 1980, 1,250 people died. In 1995, heat claimed more than 700 lives in Chicago alone, making this the deadliest weather event in Chicago's history.

## EXTREME HEAT NOTIFICATIONS

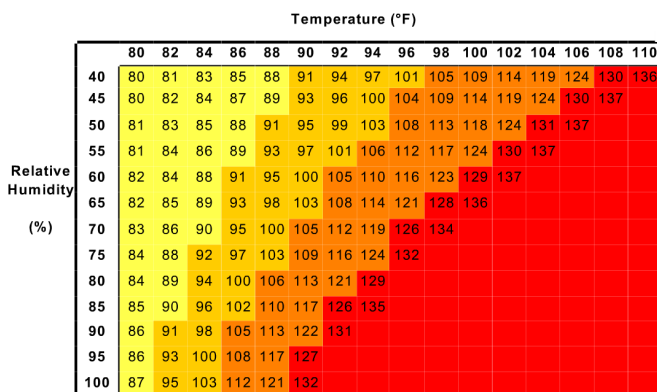
The National Weather Service sends out notifications relating to extreme heat as conditions warrant. These may include **Extreme Heat Outlooks, Watches and Warnings** or **Advisories** as concerns for extreme heat are favorable, expected or if conditions exist.

The Heat Index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature. To find the Heat Index temperature, look at the Heat Index chart below. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index—how hot it feels—is 121°F.

The National Weather Service initiates alert procedures when the **Heat Index is expected to exceed 105°-110°F** (depending on local climate) for at least 2 consecutive days.

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and/or injuries.

**National Weather Service  
Heat Index Chart**



**Likelihood of Heat Disorders with Prolonged Exposure and/or Strenuous Activity**  
 ■ Caution ■ Extreme Caution ■ Danger ■ Extreme Danger

Heat stress can result in heat stroke, **heat exhaustion**, **heat cramps**, or **heat rashes**. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness.

Workers at risk of heat stress include outdoor workers and workers in hot environments such as construction workers, factory workers, firefighters, bakery workers, farmers, miners, boiler room workers, plus many others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

For more information, please contact your local Loss Control Consultant at 800.257.1900 or [losscontrol@amerisure.com](mailto:losscontrol@amerisure.com)