

PROTECT YOUR WORKERS FROM HEAT ILLNESSES



CREATE A SAFE ENVIRONMENT

Provide plenty of water and a covered rest area. Utilize the heat index to estimate heat illness risk to workers. Educate workers on the dangers of heat illness.

ENCOURAGE ALL WORKERS TO:



DRINK WATER EVERY 15 MINUTES, EVEN IF THEY ARE NOT THIRSTY



KEEP AN EYE ON FELLOW WORKERS



REST IN THE SHADE TO COOL DOWN



TAKE FREQUENT BREAKS



WEAR A HAT AND LIGHT-COLORED CLOTHING



AVOID BEVERAGES CONTAINING CAFFEINE

RECOGNIZE HEAT ILLNESS SYMPTOMS

HEAT EXHAUSTION:

- ▶ Heavy sweating
- ▶ Weakness
- ▶ Cold, pale and clammy skin
- ▶ Fast, weak pulse
- ▶ Nausea or vomiting
- ▶ Fainting

HEAT STROKE:

- ▶ High body temperature
- ▶ Hot, red, dry or moist skin
- ▶ Rapid and strong pulse
- ▶ Possible unconsciousness

BE PREPARED TO HELP

HEAT EXHAUSTION:

- ▶ Move worker to a cooler location
- ▶ Lie down
- ▶ Loosen clothing
- ▶ Apply cool, wet cloths to body
- ▶ Give them water to sip

HEAT STROKE:

- ▶ Call 911
- ▶ Move worker to a cooler location
- ▶ Reduce body temperature with cool cloths or a bath
- ▶ Do NOT give the person fluids

ON AVERAGE,
HEAT ILLNESS AFFECTS
2,810 WORKERS
AND CAUSES
36 DEATHS
PER YEAR



NEARLY HALF OF ALL HEAT-RELATED WORKER DEATHS OCCUR IN THE CONSTRUCTION INDUSTRY

USE THE HEAT INDEX TO DETERMINE RISK:

HEAT INDEX

RISK LEVEL

Greater than 115°

VERY HIGH

103°-115°

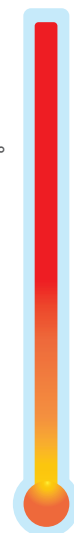
HIGH

91°-103°

MODERATE

Lower than 91°

LOW



Sources:

[Occupational Safety and Health Administration \(OSHA\)](#) | [Centers for Disease Control and Prevention \(CDC\)](#),
[The Center for Construction Research and Training \(CPWR\)](#)

This document is for general information only and is not intended to provide, and should not be relied upon for medical advice in any particular circumstance or situation.