



Best Practices for Preventing Heat-Related Illness

Heat Illness

Extended exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses include heat stress, heat exhaustion, heat cramps and heat rash. Precautions should be taken any time temperatures are high and the job involves physical work.

Risk Factors

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake resulting in dehydration
- Previous heat illnesses
- Heavy physical labor
- Fire Retardant and Waterproof clothing
- No recent exposure to hot workplaces

Protecting Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- **Drink plenty of fluids. Drink often and BEFORE you are thirsty. In addition to water, electrolyte fluids, such as sports drinks, may also be utilized.**
- Avoid beverages containing alcohol or caffeine.
- Allow yourself enough time to acclimate to the heat.
- Wear lightweight, light colored, non-constrictive clothing.
- Be aware that poor physical condition, some health problems (such as high blood pressure or diabetes), pregnancy, colds and flu, and some medications can increase your personal risk. If you are under treatment, ask your healthcare provider.

Symptoms of Heat Stress

- Fatigue
- Irritability
- Muscular Cramps

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness
- Clammy, Dry Skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures
- May stop sweating

What to Do for a Person Suffering from Heat Related Symptoms

- Call your supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the person until help arrives.
- Move the person to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the person with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.

HEAT STRESS INDEX

General Heat Stress Index										
Danger Category	Apparent Temperature (°F) (Humiture)					Heat Syndrome				
IV. Extreme Danger	>130°					Heatstroke or sunstroke imminent				
III. Danger	105° – 130°					Sunstroke, heat cramps, or heat exhaustion likely. Heatstroke possible with prolonged exposure and physical activity.				
II. Extreme Caution	90° – 105°					Sunstroke, heat cramps, and heat exhaustion possible with prolonged exposure and physical activity.				
I. Caution	80° - 90°					Fatigue possible with prolonged exposure and physical activity.				
Note: Degree of heat stress may vary with age, health, and body characteristics.										
Relative Humidity										
		10%	20%	30%	40%	50%	60%	70%	80%	90%
TEMPERATURE °F	104	98	104	110	120	>130	>130	>130	>130	>130
	102	97	101	108	117	125	>130	>130	>130	>130
	100	95	99	105	110	120	>130	>130	>130	>130
	98	93	97	101	106	110	125	>130	>130	>130
	96	91	95	98	104	108	120	128	>130	>130
	94	89	93	95	100	105	111	122	128	>130
	92	87	90	92	96	100	106	115	122	128
	90	85	88	90	92	96	100	106	114	122
	88	82	86	87	89	93	95	100	106	115
	86	80	84	85	87	90	92	96	100	109
	84	78	81	83	85	86	89	91	95	99
	82	77	79	80	81	84	86	89	91	95
	80	75	77	78	79	81	83	85	86	89
	78	72	75	77	78	79	80	81	83	85
	76	70	72	75	76	77	77	77	78	79
74	68	70	73	74	75	75	75	76	77	

Quiz

1. Extended exposure to heat can cause serious illness and death.
True False
2. The most serious heat-related illness is Heat Stroke.
True False
3. Excessive sweating is a symptom of Heat Stroke.
True False
4. Caffeinated beverages are an acceptable substitute for water.
True False
5. Confusion, fatigue, and dry skin are symptoms of heat-related illnesses.
True False
6. A person suffering from a heat-related illness should be moved into a shaded or air conditioned area.
True False

