



Prevention of heat illness is the best medicine.

Learn the symptoms of each heat illness:

- Heat Cramps:
 - o Painful muscle spasms caused by loss of salt and water.
 - o Treat by drinking water, massaging the muscle, resting in shade.
- Heat Exhaustion
 - o Loss of fluid due to not drinking water.
 - o Cool, moist, pale skin
 - o Heavy sweating
 - o Dizziness
 - o Fatigue
 - o Treat by moving to shade; drink water slowly; remove tight clothing; apply cool compresses to armpits/groin.
- Heat Stroke
 - o Body systems fail and core temperature rises to deadly levels.
 - o **This is medical emergency!**
 - o Sweating stops causing hot, dry skin.
 - o Confusion, irrational behavior.
 - o Body temp as high as 105.
 - o Treat by moving to shade; soak clothing with water; apply cool compresses.
 - o **Call 9-1-1**

Extra Measures During High Heat

Implement high-heat procedures when the temperature equals or exceeds **95 degrees Fahrenheit**. These procedures shall include the following to the extent practicable:

(1) Ensuring that effective communication by voice, observation, or electronic means is maintained so that employees at the work site can contact a supervisor when necessary. An electronic device,

such as a cell phone or text messaging device, may be used for this purpose only if reception in the area is reliable.

(2) Observing employees for alertness and signs or symptoms of heat illness.

(3) Reminding employees throughout the work shift to drink plenty of water.

(4) Close supervision of a new employee by a supervisor or designee for the first 14 days of the employee's employment by the employer, unless the employee indicates at the time of hire that he or she has been doing similar outdoor work for at least 10 of the past 30 days for 4 or more hours per day.

- It is 85°F, based on the National Weather Service forecast as of 5 PM the previous day. www.nws.noaa.gov
- If the prediction on the previous day is for the temperature high for the area to exceed 95 degrees, shade must be up as of the beginning of the shift and present throughout.

Department Responsibilities

- Provide water for employees.
- Monitor employees during hot weather.
- Move affected employees out of sun.
- Arrange for emergency medical services:
 - o Call 9-1-1
 - o Transport employee to transfer point if necessary
 - o Ensure medics know exact location of emergency.

Best Prevention Methods:

- Drink plenty of water
 - o 1-quart per hour cool water
 - o Employer provides
- Rest in the shade
 - o 5-minute breaks allowed by regulation.
 - o Let your supervisor know.

Remember: Drinking water is the most important preventative measure you can take.

If you think you are suffering a heat illness, let your supervisor know.

Monitor yourself and your buddy.