



# Heat Stress



At times, workers may be required to work in hot environments. When the human body is unable to maintain a normal temperature, heat-related illnesses can occur and may result in death. Approximately 700 people die from heat stroke in the U.S every year.

### Environmental Factors

- Air temperature
- Humidity level
- Radiant heat (such as the sun or a furnace)
- Air velocity

### Personal Characteristics

- Age
- Weight
- Fitness
- Medical condition
- Acclimatization to heat

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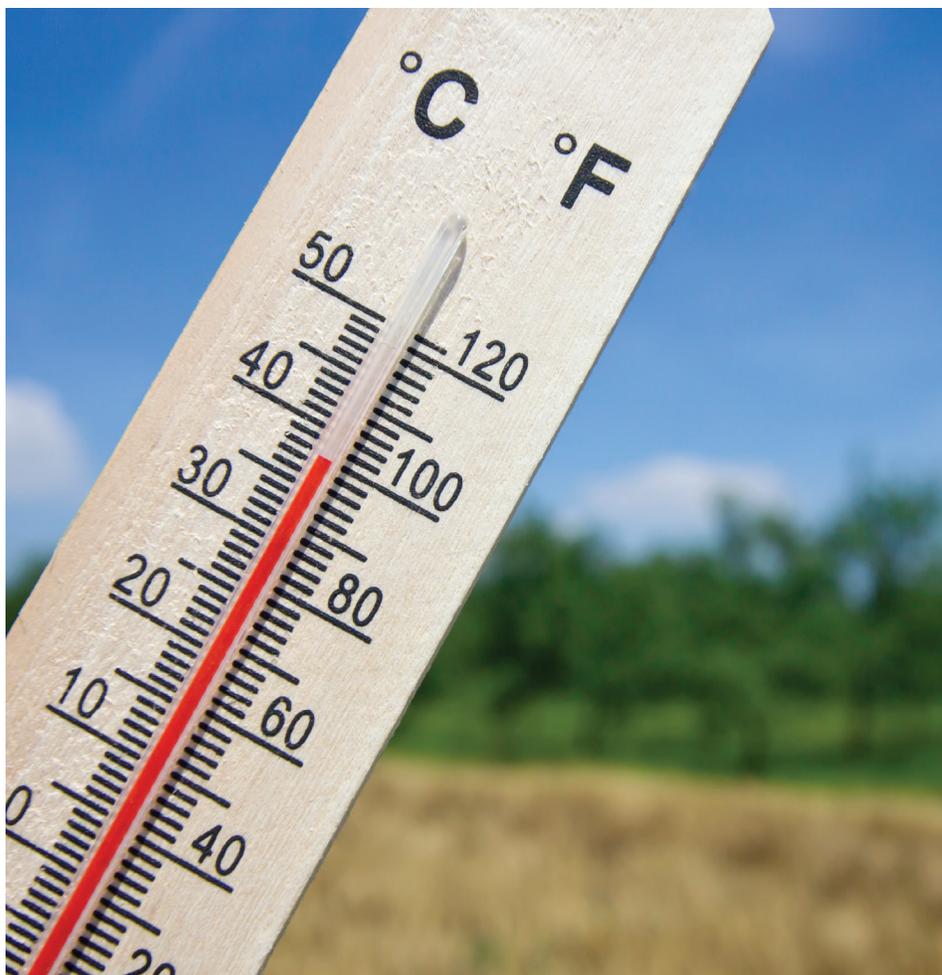
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## Five Types of Heat Illness

1. Heat rash is the most common problem in hot work environments. It's caused by sweating and looks like a red cluster of pimples or small blisters.
2. Heat cramps in arms or legs can occur during physical labor in a hot environment.
3. Fainting can occur when a person is not used to extreme heat.
4. Heat exhaustion is more serious and may develop over a few days before it progresses to heat stroke.
5. Heat stroke may develop over a few days and can be fatal.



Heat Index	General Effect of Heat Index on People in Higher Risk Groups
80-89 Caution	Fatigue possible with prolonged exposure and physical activity.
90-104 Extreme Caution	Sunstroke, heat cramps and heat exhaustion possible.
105-129 Danger	Sunstroke, heat cramps and heat exhaustion likely - heat stroke possible.
130 or Higher Extreme Danger	Heat stroke highly likely with continued exposure.



## What to Do When A Worker Is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker 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 heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.**



## Symptoms of Heat Exhaustion

- Weakness
- Headache
- Fatigue
- Nausea
- Vomiting
- Blurred vision
- Dizziness
- High pulse rate
- Extreme sweating
- Pale face
- Red face
- Unsteady gait
- Clammy and moist skin
- Normal to slightly elevated temperature

## Symptoms of Heat Stroke

- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature (104° F or higher)
- Hot, dry skin or profuse sweating (25% - 50% of cases)
- Rapid pulse
- Chills
- Restlessness
- Nausea
- Vomiting
- Irritability
- Red face
- Disorientation
- Erratic behavior
- Shivering
- Collapse
- Convulsions
- Fainting
- Heat stroke may resemble a heart attack

## Want to know more?

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- Safety-training modules accessible 24/7 for policyholders' employees
- Loss control booklets and other printed materials available to print and order from our website
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## To Prevent Heat Illness:

- Drink water frequently.
- Know the signs and symptoms of heat-related illnesses and take them seriously.
- Consider sports drinks when sweating a lot. Avoid alcohol, caffeinated drinks and heavy meals before, after and during work in a hot environment.
- Wear appropriate clothing.
- Take regular breaks.
- Use the "buddy system" - keep an eye on your
- co-workers.

