

# Heat Stress Awareness

Summer is here, meaning it is time to watch for symptoms of heat illness such as; heat cramps, heat exhaustion, and heat stroke, at home and on the job.

## Know Yourself:

Individuals should learn the early signs of heat stress and take appropriate action. Supervisors should also be alert to the signs of heat stress affecting employees and take action before a problem develops.

### Heat Illnesses

1. **Signs Of HEAT CRAMPS:**
  - Usually cramps will be in the arms and legs
  - Excessive sweating
2. **Signs Of HEAT EXHAUSTION:**
  - Heavy Sweating
  - Weakness
  - Weak Fast Pulse
  - Normal Body Temperature
  - Headache and Dizziness
  - Nausea and Vomiting
3. **Signs of HEAT STROKE:**
  - Confusion and Slurred Speech
  - High Body Temperature/Hot Skin
  - Strong Rapid Pulse
  - Weakness
  - Throbbing Headache
  - Seizures
  - Unconsciousness
  - **CALL 911 for Assistance!**

## Preventing Heat Stress:

- **Proper Hydration:** Drink plenty of water throughout the day. Drink at least 5 - 7 ounces of water or a “sports” drink every 15 minutes when sweating heavily. It is best to alternate drinks of water with a sports drink to replace lost electrolytes.
- **Sweating:** Our bodies cool through the natural process of sweating, causing water loss that we must replace throughout the day. Remember to drink, water and sports drinks, often while sweating.
- **Exercise:** Physical fitness and health are important personal factors affecting heat stress.
- **Work Pace:** When planning your work consider that you must acclimate to heat; gradually gaining increased tolerance to higher temperatures.
  - Ideally, you should acclimate your body to the heat a couple of days before coming back to work from any extended time from work.
  - After returning to work, remember to pace yourself for the first few days.

### Resources:

- OSHA Heat Stress App for Mobile Devices
- OSHA Training Resources located:

<https://www.osha.gov/SLTC/heatstress/index.html>

