

Heat Stress

Concern:

Risk of Dehydration

Worker's are at risk for heat stress and/or dehydration when the activity requires workers to be in a hot environment where their core body temperature rises above 100.4 degrees. Operations that involve high air temperatures, radiant heat sources, direct contact with hot objects or strenuous activity have high potential for inducing heat stress.

Heat Stress can result in heat stroke, heat exhaustion, heat cramps and/or heat rashes.

Symptoms

- Headache
- Nausea / Vomiting
- Vertigo
- Weakness
- Thirst
- Profuse sweating
- Hot, dry skin
- Convulsions
- Lack of consciousness

Recommendations:

If symptoms do occur, notify your supervisor immediately. Move the worker to a shaded/cooler area. Remove outer clothing. Fan, mist or cool the worker. Provide water. Have someone stay with the worker until help arrives. Call 911 as needed.

To Prevent Heat Stress/Dehydration

- Stay hydrated. 8oz of water every 15-20 minutes.
- For prolonged sweating lasting several hours, drink a sports drinks with electrolytes
- Avoid alcohol and drinks with caffeine and sugar
- Take breaks regularly to cool down
- Gradually increase exposure to the hot environment to acclimatize the body
- Recognize the signs and symptoms of heat-related illness

Resources:

www.osha.gov/SLTC/emergencypreparedness/guides/heat.html

www.cdc.gov/niosh/topics/heatstress/recommendations.html