

HEAT STRESS

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.

Workers at risk of heat stress include outdoor workers and workers in hot environments such as firefighters, bakery workers, farmers, construction workers, miners, boiler room workers, factory workers, and others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

Prevention of heat stress in workers is important. Remember the following:



TAKE TIME TO ACCLIMATIZE.

Work shorter shifts until your body has adjusted to the heat.



STAY WELL HYDRATED.

Drink often, before you get thirsty.



WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.

Designate a buddy and ask how they feel periodically.



TAKE TIME TO REST AND COOL DOWN.

Sit somewhere cool, rest, and rehydrate frequently.