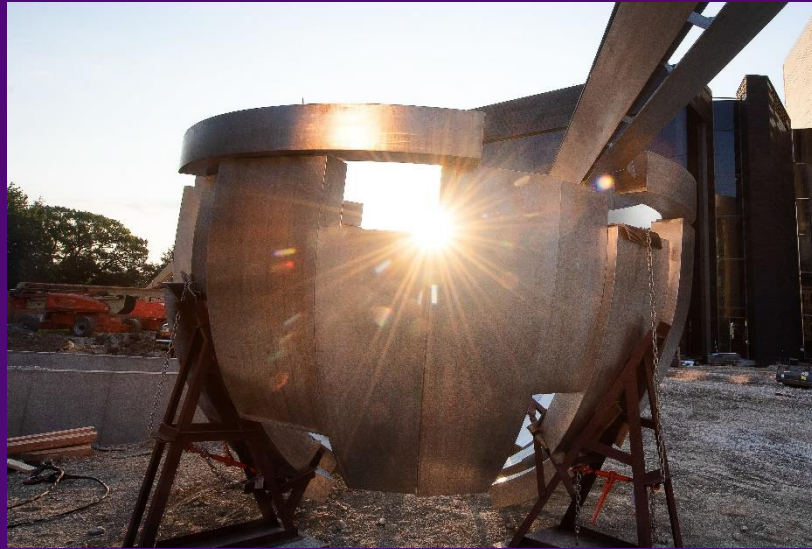


Symptoms and First Aid

- Dehydration – fatigue, thirst, dry mouth and low energy.
 - Move out of the sun, drink plenty of cool fluids (water or electrolyte drinks).
- Heat Rash – clusters of red bumps on skin (appear on neck, upper chest and skin folds).
 - Press cool cloth to the irritated skin, keep out of heat, avoid creams and ointments that may irritate skin.
- Heat Syncope – fainting and dizziness.
 - Sit or lie down, drink cool fluids.
- Heat Cramps – muscle spasms or pain (usually in legs, arms and trunk).
 - Rest in cool place and drink electrolyte drink to help with muscle aches.
- Heat Exhaustion – fatigue, thirst, nausea or vomiting, dizziness, heavy sweating, elevated body temp or fast heart rate.
 - Immerse person in cold water or ice bath, stay out of heat/sun the rest of the day, remove outer layers of clothing, ensure person is monitored and call 911 if symptoms persist or increase.
- Heat Stroke – confusion, slurred speech, unconsciousness seizures, heaving sweating or hot/dry skin, very high body temp and rapid heart rate.
 - Call 911 immediately and cool person down with ice or cold water.

Heat Safety: Don't Sweat the Heat, Get Cooled Off!



Heat Related Stress: Serious medical condition resulting from the body's inability to cope with a particular heat load that can cause illness and death.

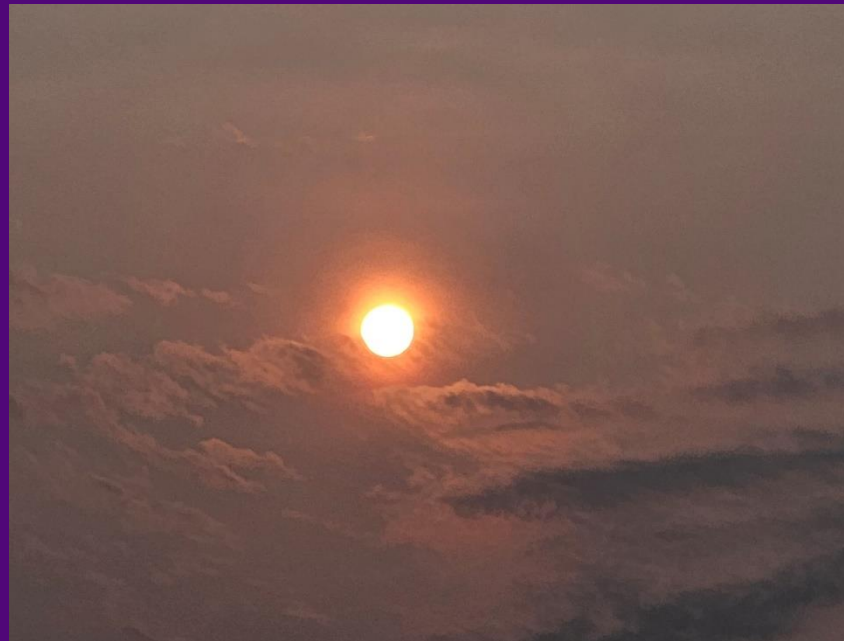
- ❖ Nearly 3 out of 4 heat illness fatalities happen during the first week of work.
- ❖ It's important for new and returning workers to ease into their work in order to build tolerance to the hot environment.

- ❖ Heat related illness can affect employees working in outdoor environments as well as indoor environments, depending on their job type.
- ❖ Below are a few examples of outdoor and indoor environments.

<u>Outdoors</u>	<u>Indoors</u>
Agriculture – Tall Grass Prairie, Greenhouse	Kitchens and Laundry Rooms
Construction – road, roofing, and other outdoor work	Boiler Rooms
Landscaping – grounds workers	Foundries
Mail and Package Services	Steam Tunnels

Preventative Measures

- Provide Training – train employees to be aware of the signs & symptoms of heat illnesses and ways to prevent and protect yourself and others.
- Adopt the 20% Rule – on the 1st day of work or heat environment, don't allow employees to work more than 20% of a shift at full intensity of the heat.
 - Increase their time by no more than 20% a day until they are used to working in the hot environment.
- Rest Breaks – take scheduled breaks in the shade or a cool environment to recover from the heat.
 - This could be under a tree, inside a building or even in a cooler or freezer if working in a kitchen, if approved.
- Dress for the Heat – wear light colored, breathable clothing.
 - Put on sunscreen if applicable.
- Provide Cool Drinking Water – drink water or drinks with electrolytes even when you are not thirsty.
 - Drink before, during and after working.
 - Avoid caffeine during the day.



- Adjust the Timing of Certain Activities – if possible, schedule strenuous work activities during cooler parts of day to reduce high heat exposure situations.
 - Mow or doing grounds work in morning instead of afternoon.
- Watch Out for Each Other and Self – monitor yourself and others for signs of heat illnesses.
 - Know the symptoms and first aid measures.
 - When in doubt, call 911.



- ❖ For more information contact Environmental Health & Safety Office
 - ❖ <https://risk.uni.edu/>
 - ❖ 319-273-5800

