

Heat Stress: Reduce your risk of illness, injury or fatality

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Are you at risk?

You may be at risk if you work in hot environments such as steam tunnels, spaces without air-conditioning in the summer, in personal protective equipment (PPE), or just outside in the Florida heat and humidity, you may be at risk for heat related illnesses and injuries. Heat stress results when the body is unable to get rid of excess heat.

Supervisor's Responsibilities and Guidelines:

- Implement Heat Stress Prevention Program in their work area.
- Evaluate work to be performed.
- Provide ready access to drinking water or electrolyte replacement drinks.
- Ensure workers are familiar with signs and symptoms of heat related disorders.
- Allow for acclimatization of workers in hot environments.
- Adopt work/rest regimes.
- Schedule work to reduce heat stresses as appropriate.
- Provide training for employees.

General Guidelines to prevent heat-related illnesses or injuries:

- Drink plenty of fluids (approx. 8 oz of water every 20 minutes).
- Stay away from alcohol and caffeine that can dehydrate the body.
- Wear light colored clothing and a hat for sun protection.
- Adjust schedules to do hard work during the cooler parts of the day.
- If on medication, check with your doctor or pharmacist about possible heat-related side effects.
- Find shade or an air-conditioned space for breaks.
- Inform your supervisor if you start to develop signs or symptoms of heat illness.



Heat Stress can cause accidents:

Heat stress may cause accidents. The hazards of can be both direct and indirect. Direct causes include fogged glasses, sweat in the eyes, slippery hands, dizziness or fainting. Heat disorders can indirectly contribute to accidents because of physical discomfort, irritability or anger, poor judgment, inattention to the job, or slower mental or physical reaction time.

For more information contact: University of Florida,
Environmental Health & Safety at: (352) 392-1591, PO Box 112190
Gainesville, FL 32611 or <http://www.ehs.ufl.edu>

Heat Cramps

Symptoms

- Painful spasms of arms, legs or abdomen
- Sudden onset
- Hot, moist skin

Treatment

- Drink water
- Massage cramped area
- Rest

Heat Exhaustion

Symptoms

- Heavy sweating
- Intense thirst
- Pale, moist, cool skin
- Rapid pulse
- Nausea, headache
- Fatigue, weakness
- Dizzy, fainting, collapse



Treatment

- Move to shade or air-conditioned space
- Rest, lying down, legs elevated
- Loosen clothing

Heat Stroke

Symptoms

911 - MEDICAL EMERGENCY

- High body temp
- Lack of sweating
- Hot, red, dry skin
- Rapid pulse
- Chills
- Nausea
- Headache, dizzy
- Difficulty breathing
- Disoriented
- Weakness
- Unconsciousness



Treatment

- All the above, plus...
- Call for emergency help
- Drench or pour water on the person
- Fan victim