

FAST+TALK™

The Heat is On: Know the Dangers and How to Protect Yourself

Every year dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. There are a range of heat illnesses that can impact anyone, regardless of age or physical condition.

Hydrate, Hydrate, & Hydrate

One of the most important things you can do to prevent heat illness is to hydrate properly. It's important to choose fluids carefully as some can actually increase your risk of a heat-related illness. Consuming alcohol within 24 hours of working will increase your risk.

Before, During & After

Hydrate before work: Drink before feeling thirsty. If you are dehydrated when you start work, you may not be able to drink enough to catch up.

Hydrate during work: When working in the heat, the CDC recommends 1 cup (8 ounces) of water every 15-20 minutes, or 24-32 oz. per hour. The CDC warns that exceeding 48 oz. of water or other fluids can put you at risk of a medical emergency if the concentration of salt in the blood becomes too low.

Hydrate after work: Hydrating after work is equally important if you work in hot conditions. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones. Most people need several hours to drink enough fluids to replace what they have lost through sweat.

HYDRATION LEVEL

How Hydrated are You?



Target Hydration Level

Properly Hydrated if urine matches or resembles these colors



Dehydrated

If urine resembles or matches these colors- more fluids should be consumed.



Severely Dehydrated

If urine matches these colors- SERIOUS DEHYDRATION has occurred. It is suggested that a physician be contacted to determine the severity of dehydration



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MONITORING TEMPERATURES IS KEY:

Heat index is a measure of how hot it feels when humidity is taken into account with air temperature. As the heat index increases, so should water and breaks out of the sun and heat.

90° - 100° Heat stroke, heat cramps & heat exhaustion are possible

105° - 129° Heat stroke, heat cramps & heat exhaustion likely with prolonged exposure & physical activity

130° & UP Heat stroke is **IMMINENT**

ADDITIONAL RISK FACTORS

- High heat index, direct sun exposure, no breeze or wind.
- Lack of recent experience working in the heat.
- PPE & waterproof clothing that holds heat and moisture.
- Physical activity and limited access to water.
- Advanced age or a pre-existing medical condition.
- Lack of training.

KNOW THE SIGNS, SYMPTOMS & WHAT TO DO

HEAT STROKE	HEAT EXHAUSTION	HEAT CRAMPS	HEAT RASH
Fatigue, confusion, collapse, unconsciousness, seizures, excessive sweating or red, hot, dry skin	Headache, nausea, dizziness, weakness, irritability, heavy sweating, rapid pulse, clammy skin	Muscle cramps, pain or spasms in the abdomen, arms or legs	Cluster of red bumps on skin. Often appears on neck, upper cheek, and folds of skin
RESPONSE	RESPONSE	RESPONSE	RESPONSE
Call 911 immediately. Move worker to cool area & remove excess clothing. Fan air over the patient while wetting their skin with water. Apply ice packs to armpits, groin, neck, and back. Stay with worker until medical help arrives.	Stop exertion, sit or lie down in a cooler place and drink plenty of fluids with electrolytes. Cool worker with cold compresses. If symptoms worsen or do not improve in 60 minutes, take to clinic or emergency room.	Stop exertion, move to a cooler place and drink plenty of fluids with electrolytes. Seek medical attention if cramps don't subside.	Move to cooler, less humid area when possible. Keep affected area dry. Avoid ointments and creams which can impair cooling - warm moist skin can make rash worse.

Staying healthy in the heat ultimately comes down to education, planning and self-awareness. Extreme conditions mean we need to adjust how we normally work. OSHA recommends **Water, Rest & Shade** every 15 minutes in extreme heat. **For more information & training materials visit www.OSHA.gov/Heat**

Talk Date: _____

Supervisor/Facilitator: _____

Location: _____

Department: _____