# FASTENAL®





## 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**

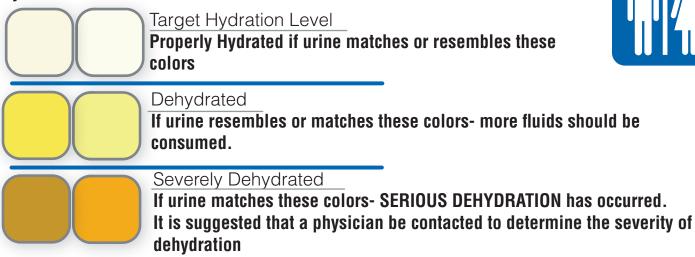
**Hydrate before work:** Drink before feeling thirsty. If you are dehydrated when you start work, you may not be able to drink enough to catch up.

**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?











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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



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

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:
_ocation:	Department:

