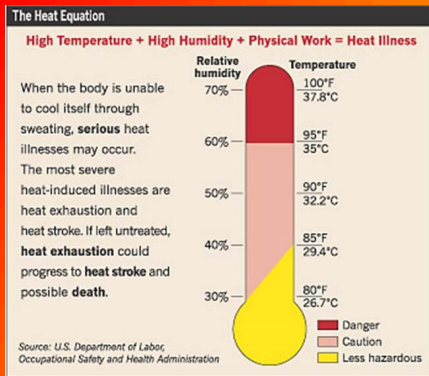


HEAT ILLNESS PREVENTION

When Temperatures Are Expected To Exceed 80 degrees F (8CCR3395)

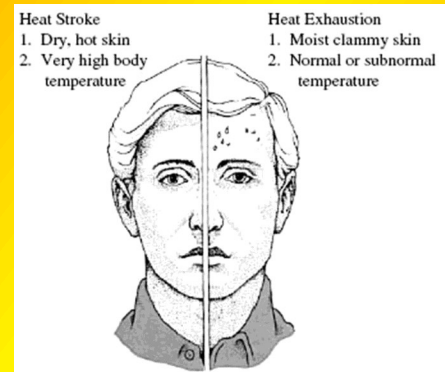
What every Employee should know—

- **The hazards/conditions and signs/symptoms that can result in Heat Illness**



Signs and Symptoms

- Headache
- Unusual fatigue
- Muscle cramps
- Pale skin
- Heavy sweating



- **The methods for preventing Heat Illness**

- **WATER** - Drink plenty! Water shall be fresh, pure, suitably cool, free, and readily accessible
- **SHADE** - Shall be accessible at all times, but shade must be made present when outdoor temperatures exceed 80 degrees Fahrenheit (For indoor environments, rest in cooler areas)
- **COOL-DOWN REST PERIOD (in the shade)** - Shall be encouraged, and the employee shall be monitored until the symptoms of heat illness abate; first aid procedures may be initiated
- **ACCLIMATIZATION** - Techniques shall be employed to allow the body to adapt gradually to the heat

- **The Emergency Response Procedures**

- **EFFECTIVE COMMUNICATION** - Whether through direct contact or a designated person, a method for contacting the supervisor and/or emergency medical services shall be established and conveyed to all affected persons
- **RESPONSE TO SIGNS AND SYMPTOMS** - Steps shall be taken to immediately prevent the progression of heat illness, including the provision of basic first aid, obtaining emergency medical services, and not allowing the employee exhibiting the signs and symptoms of heat illness to be left alone or sent home without offering on-site first aid or emergency medical services
- **EMPLOYEE TRANSPORT** - When necessary, the stricken employee may need to be taken to a place where s/he can be reached by the emergency medical services
- **DIRECTIONS** - Clear and precise directions to the worksite shall be provided to the emergency responders

Questions?
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