

STATE OF NEW  
HAMPSHIRE

DEPARTMENT  
OF HEALTH  
AND HUMAN  
SERVICES  
DIVISION OF  
PUBLIC HEALTH  
SERVICES

OCCUPATIONAL  
HEALTH  
SURVEILLANCE  
PROGRAM

Every year,  
thousands of  
workers be-  
come sick from  
exposure to  
heat, and some  
even die.

***These illnesses  
and deaths are  
preventable.***

# Hazard Alert

## Heat Illness at Work Can Be Deadly

### Remember these three simple words: Water, Rest, Shade

#### ***Who is affected?***

Any worker exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions.

Occupations most affected by heat-related illness are:

- ◆ construction, trade/transportation/utility
- ◆ agriculture and building/grounds maintenance and cleaning
- ◆ transportation/baggage handling
- ◆ water transportation
- ◆ landscaping services; greenhouse, nursery, and floriculture production
- ◆ support activities for oil and gas operations



***Heat Stroke  
Heat Exhaustion  
Heat Cramps***

***NH DHHS Resources***

***Excessive Heat Fact Sheet***

***[http://www.dhhs.nh.gov/tips/  
documents/heat.pdf](http://www.dhhs.nh.gov/tips/documents/heat.pdf)***

***Press Release***

***[http://www.dhhs.nh.gov/  
media/pr/2013/07-  
jul/07152013heat.htm](http://www.dhhs.nh.gov/media/pr/2013/07-jul/07152013heat.htm)***

**While you are waiting for help:**

- Move the worker to a cool, shady area
- Loosen the person's clothing
- Fan air on the worker
- Apply cool water or ice packs to skin

*Employers are responsible for providing workplaces that are safe from excessive heat.*

*This includes providing workers with water, rest, and shade.*



<https://www.osha.gov/SLTC/heatillness>



## Symptoms

### Heat Stroke

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

### Heat Cramps

- Muscle cramps, pain or spasms in the abdomen, arms or legs

### Heat Exhaustion

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

## How to Prevent Heat Illness at Work

### Employer

Provide training about the hazards leading to heat illness and how to prevent them.

Provide a lot of cool water to workers close to the work area. At least one pint of water per hour.

Schedule frequent rest periods with water breaks in shaded or air-conditioned areas.

Routinely check workers who are at risk of heat illness due to protective clothing and high temperatures.

Consider protective clothing that provides cooling.

### Employee

Know signs/symptoms of heat illness; monitor yourself; use a buddy system for co-workers.

Block out direct sun and other heat sources.

Drink plenty of fluids. Drink often (every 15 minutes) and BEFORE you are thirsty.

Avoid beverages containing alcohol or caffeine.

Wear lightweight, light colored, loose-fitting clothes.

## Resources

For more information, visit OSHA's Campaign to Prevent Heat Illness in Outdoor Workers:

<https://www.osha.gov/SLTC/heatillness/>

National Institute for Occupational Safety and Health Heat Index Topic Page

<http://www.cdc.gov/niosh/topics/heatstress/>

*New Hampshire Occupational Health Surveillance Program*

*Department of Health and Human Services*

*Phone (603) 271-8425*

*[karmenti@dhhs.state.nh.us](mailto:karmenti@dhhs.state.nh.us)*