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

Press Release
http://www.dhhs.nh.gov/media/pr/2013/07-jul/07152013heat.htm

www.dhhs.nh.gov/dphs/hsdm/ohs
Symptoms

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

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

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

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 coworkers.
- 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/

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