

Protecting you and your co-workers from heat exposure

Heat Illness

Exposure to heat can cause illness, and in some cases, it can be life-threatening. Heat stroke is the most serious heat-related illness. Other heat illnesses, such as heat exhaustion, heat cramps, and heat rash, can also affect workers.

Taking simple precautions can help reduce the risk of heat-related illness.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical work
- Not used to working in hot conditions
- Not drinking enough water or other fluids
- Wearing waterproof or heavy clothing

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

To Prevent Heat Illness:

- Provide or get training about the hazards leading to heat stress and how to prevent them.
- Provide cool water to workers close to the work area.



- Adjust work schedules or arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and provide breaks for workers who are new to the heat or returning after time away.
- Designate a responsible person to monitor conditions and protect workers who are at risk of heat stress.
- Consider protective clothing that provides cooling.



How to Protect Workers

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources when possible.
- Drink plenty of fluids.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



Act Quickly

- If someone is not alert or seems confused, this may be a heat stroke. Call 911 immediately and apply ice as soon as possible. Stay with them until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the person with water; apply ice (ice bags or cold towels).
- Provide cool drinking water, if they are able to drink.



OSHA.gov • (800) 321-OSHA (6742)

**Occupational
Safety and Health
Administration**