

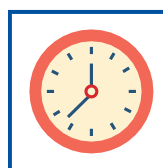
# HEAT ILLNESS

Ways to protect yourself and others. **Tips from Occupational Safety and Health Administration (OSHA).**



## Stay Hydrated

Drink cool water, 5 to 7 ounces, every 15 to 20 minutes.



## Take Rest Breaks

Recover from heat given the temperature and humidity.



## Dress for the Heat

Wear a hat, light-colored, loose-fitting, and breathable clothing.



## Work Together

Monitor yourself and others for signs of heat illness.



**Heat exposure can be dangerous**



### Signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

### Take these actions

- 1 >> CALL 911 IMMEDIATELY
- 2 >> COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
- 3 >> STAY WITH THE WORKER UNTIL HELP ARRIVES



Courtesy: OSHA

**Prevent heat illness by remembering these simple steps:**

# WATER ● REST ● SHADE



For more information, visit [osha.gov/heat](https://www.osha.gov/heat)



For additional resources or to contact DLS, visit: [mass.gov/info-details/safetyworks-resources](https://mass.gov/info-details/safetyworks-resources)

# HEAT ILLNESS



Temperatures of **80 degrees Fahrenheit or higher** put all outdoor workers at risk. Risk increases with high humidity, sun exposure, high workload, & time outdoors.

## Employers should establish a program to prevent heat illness.

- ☀ Provide one (1) quart of water per hour for each worker.
- ☀ Provide easy access to shade or air-conditioned space for breaks.
- ☀ Require breaks to cool down. Make more frequent and longer when it's hotter (5-20 minutes per hour.)
- ☀ Build workers' heat tolerance by gradually increasing workloads and allowing frequent breaks for new workers and those returning after a week or more off.
- ☀ Train workers to recognize symptoms of heat illness, what to do when they occur, and when to call 9-1-1.

### If a worker experiences:



### Take these actions:

Headache or nausea.  
Weakness or dizziness.  
Heavy sweating.  
Elevated body temperature.  
Thirst or decreased urine output.  
Fainting, vomiting, or lightheaded.

Give water to drink.  
Remove unnecessary clothing.  
Move to a cooler area.  
Cool with water, ice, or a fan.  
Do not leave alone.  
Seek medical care or call 9-1-1.

**Heat Stroke: A worker experiencing loss of consciousness, disorientation, slurred or garbled speech, hallucinations, seizure is having HEAT STROKE. Call 911.**

**This is life-threatening and requires immediate medical attention. Move them to a cool place, remove unnecessary clothing and cool them down with water and ice as much as possible.**