



## WORKING IN THE HEAT

Working in the heat poses risks like heat cramps, exhaustion, and stroke, which can be life-threatening. Prevention includes acclimatization, wearing light clothing, staying hydrated, and taking regular breaks. Recognizing symptoms early and responding promptly—cooling the victim and seeking medical help—are critical.

Here are the top 5 points, each supported by examples and actionable advice:

### 1. **Recognize the Hazards and Symptoms of Heat-Related Illnesses**

- Workers must be able to identify the symptoms of heat cramps, heat exhaustion, and heat stroke. For example, heat exhaustion symptoms include weakness, dizziness, moist and clammy skin, and nausea, while heat stroke symptoms include dry, hot skin, high body temperature, and confusion. Recognizing these signs early can prevent serious health consequences.

### 2. **Understand the Seriousness of Heat Stroke**

- Heat stroke is the most dangerous form of heat stress and can be fatal if not treated immediately. It occurs when the body can no longer regulate its temperature and stops sweating. Immediate actions such as moving the person to a cool place, calling for medical help, and cooling the body with water are critical.

### 3. **Take Preventive Measures to Reduce Heat Stress**

- Prevention includes gradually adjusting to hot environments, wearing loose and light-colored clothing, drinking water steadily (about 16 oz. before starting and 5-7 oz. every 15-20 minutes during work), taking regular breaks in cool areas, and avoiding overexertion. For example, planning strenuous tasks for the coolest part of the day can help reduce risk.

### 4. **Know the Risk Factors That Increase Susceptibility**

- Certain factors make individuals more vulnerable to heat stress, such as being unaccustomed to heat, wearing heavy protective clothing, older age, being overweight, and taking medications that affect the body's response to heat. Awareness of these factors helps tailor prevention strategies for at-risk workers.

### 5. **Respond Quickly and Appropriately to Heat Stress Symptoms**

- Fast and correct response saves lives. For heat exhaustion, move the person to a cool place, loosen clothing, apply cool compresses, and provide water slowly. For heat stroke, treat as a medical emergency: call for help, cool the person with water and fanning, and do not give fluids if unconscious. These steps should be known and practiced by all workers and supervisors.