How to Avoid Heat-Related Illness

As **Heat Safety Awareness Day** (May 22, 2015) and the warmer months approach, ACS urges employers and employees to help prevent heat-related injuries and illnesses. Employers with any sort of outdoor operations need to be hyper vigilant to keep employees safe under the blazing, hot sun. Heat Awareness Day is sponsored by the National Weather Service.

May 22nd is also **Don't Fry Day**, as designated by The National Council on Skin Cancer Prevention. The Council's goal is to encourage sun safety awareness by reminding everyone to protect their skin while enjoying the outdoors on **Don't Fry Day** and every day.

OSHA's heat awareness campaign is summarized by "Water, Rest, Shade." Specifically, if workers are in an environment that could produce heat stress, OSHA recommends that they:

- Drink water every 15 minutes, even if you're not thirsty
- Rest in the shade to cool down
- Wear a hat and light-colored clothing
- Learn the signs of heat illness and what to do in an emergency
- Keep an eye on fellow workers (in stressful conditions a buddy system is recommended)
- Acclimate to conditions

Another recommendation is to use sunscreen protection with a sun protection filter (SPF) of 30 or more—as appropriate for the conditions of the work environment (i.e., sun exposure).

Warning Signs and Symptoms

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

What you should do: Move to a cooler location, lie down and loosen clothing, apply cool, wet cloths to skin, and sip water.

Heat Stroke

- Body temperature of 103 degrees F or above
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Unconsciousness

What you should do: Call 911 immediately, move the person to a cooler location, apply cool, wet cloths to skin or put them in cool bath. Do NOT give fluids.

Click here for OSHA's Heat Safety Tool Smartphone App

WATER. REST. SHADE.
The work can't get done without them.