

BEAT HEAT

KNOW THE SIGNS. NO HEAT STRESS.



TIME TO REVIEW
5 MIN.



WHAT IT IS

- The body overheats faster than it can cool itself.
- Can lead to serious illness or death.
- Risk increases with high temperatures, age, body weight, poor physical health, alcohol or drug use, heat-trapping clothing, and pre-existing medical conditions.



PREVENTION

- Drink water frequently (small amounts often).
- Wear loose, lightweight, light-colored clothing.
- Allow for acclimatization to heat.
- Take breaks in the shade/cooling area.
- Do not work with your shirt off.



HEAT CRAMPS

- Heat rash ("prickly heat")
- Fatigue
- Dizziness
- Reduced performance
- Increase in accidents



HEAT EXHAUSTION

- Excessive sweating
- Cold, pale, or flushed skin
- Extreme weakness or fatigue
- Thirst
- Headache
- Nausea
- Rapid, weak pulse



HEAT STROKE

- Flushed red face
- Hot, dry skin (no sweating)
- Very high fever
- Severe headache
- Deep, rapid breathing
- Delirium or confusion
- Unconsciousness



A HEAT STROKE IS A MEDICAL EMERGENCY

- Call for medical help immediately.
- Remove person from hot environment.
- Loosen clothing and pour water over the body.
- Circulate air around the person.



REMEMBER!



PREVENTION

Take breaks and drink water regularly.



KNOW THE SIGNS

Get help if you have any symptoms.



ACT FAST

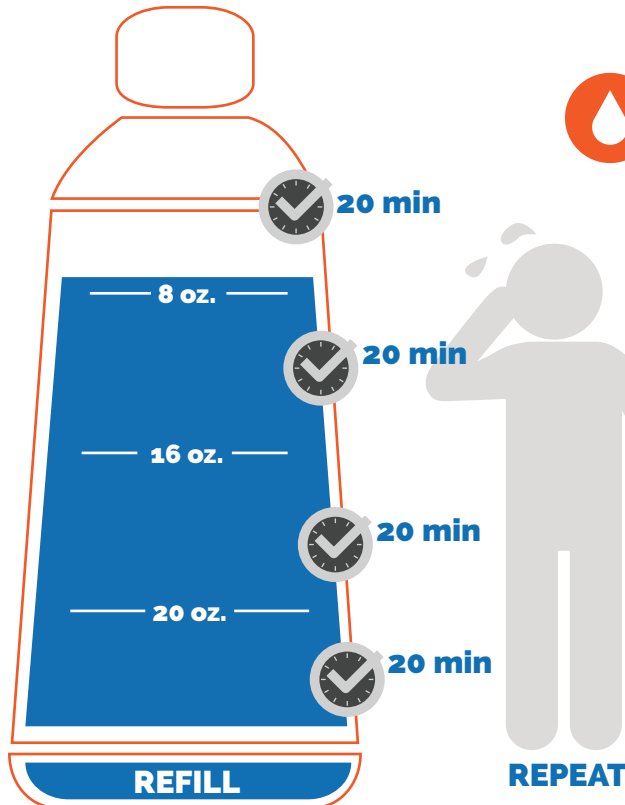
Call 911 if anyone has heat stroke symptoms.

FOCUS ON HYDRATION

DRINK WATER. REST. BE ALERT.



TIME TO REVIEW
5 MIN.



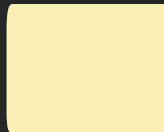
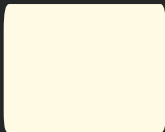
PREVENTION

Preventive measures are essential to protect workers from heat-related illnesses and maintain a safe work environment. Key actions include promoting hydration, allowing acclimatization, scheduling regular rest breaks, and providing appropriate PPE.

- Encourage workers to drink at least 8 oz. (1 cup) of water every 20 minutes when working in the heat—even if they are not thirsty.
- Ensure cool, potable water is readily available at convenient locations throughout the worksite.
- For prolonged heat exposure, consider providing electrolyte replacement options.
- Educate workers that certain PPE, such as respirators and impermeable clothing, can increase heat stress risk.
- Promote regular breaks and reinforce the importance of hydration and heat illness prevention.

ARE YOU DRINKING ENOUGH WATER?

URINE COLOR CHART TO ASSESS YOUR HYDRATION



1-3 HYDRATED

Keep drinking water as usual



4-6 MILDLY DEHYDRATED

Go drink a glass of water



7-8 DEHYDRATED

Drink water now!