



Staying Cool *In The Heat*



Office of Risk Management





Types of Heat Stress

Symptoms and Treatment

Heat Rash Symptoms/First Aid



Heat rash

- Clusters of red bumps on skin
- Often appears on neck, upper chest, folds of skin
- Try to work in a cooler, less humid environment when possible
- Keep the affected area dry

Heat Cramps Symptoms/First Aid



Heat cramps

- Muscle spasms
- Pain
- Usually in abdomen, arms, or legs
- Have worker rest in shady, cool area
- Worker should drink water or other cool beverages
- Wait a few hours before allowing worker to return to strenuous work
- Have worker seek medical attention if cramps don't go away

Heat Exhaustion Symptoms/First Aid



Heat exhaustion

- Cool, moist skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Dizziness
- Light headedness
- Weakness
- Thirst
- Irritability
- Fast heart beat
- Have worker sit or lie down in a cool, shady area
- Give worker plenty of water or other cool beverages to drink
- Cool worker with cold compresses/ice packs
- Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.
- Do not return to work that day

Heat Stroke Symptoms/First Aid



Heat stroke

- Confusion
- Fainting
- Seizures
- Excessive sweating or red, hot, dry skin
- Very high body temperature

- Call 911

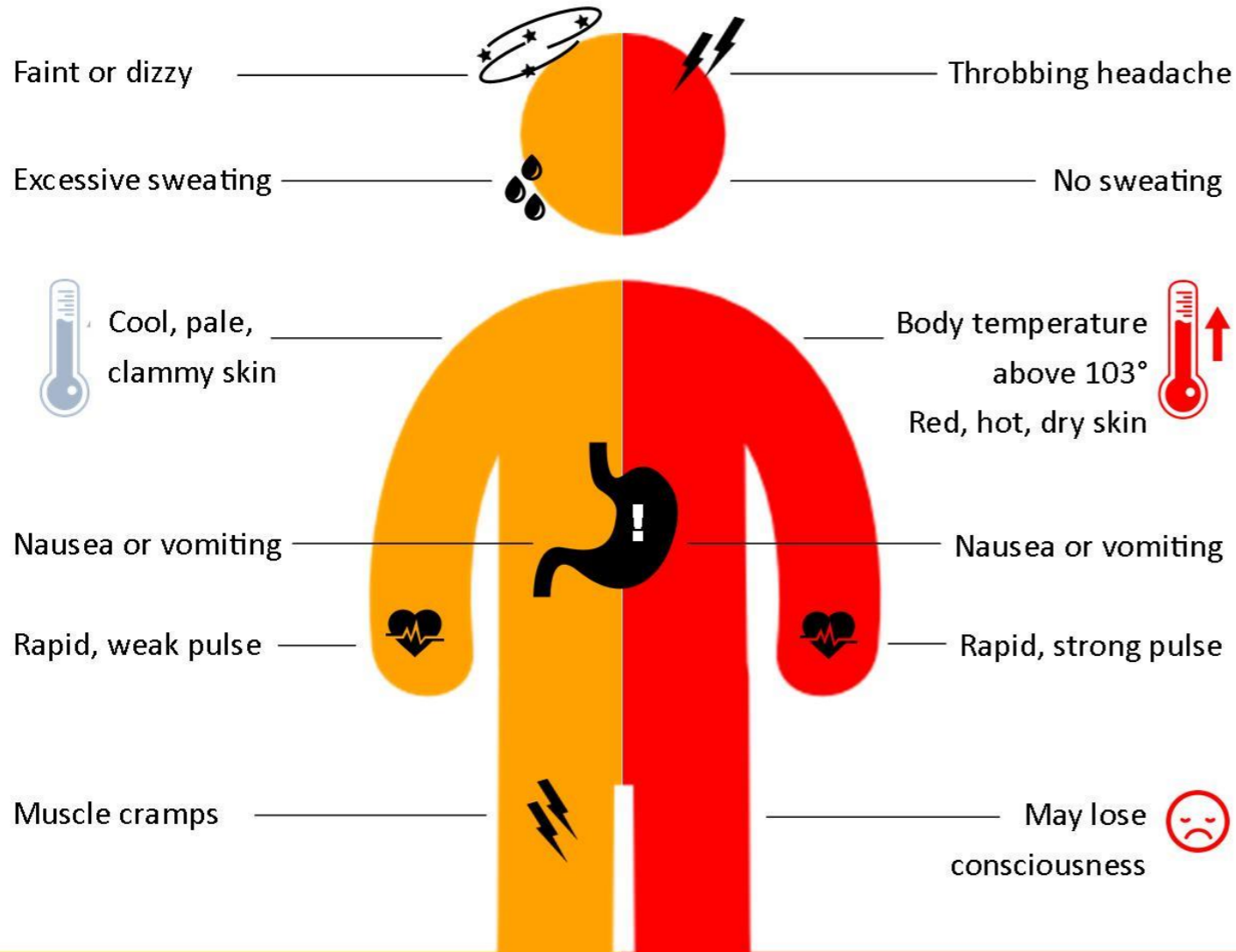
While waiting for help:

- Place worker in shady, cool area
- Loosen clothing, remove outer clothing
- Fan air on worker; cold packs in armpits
- Wet worker with cool water; apply ice packs, cool compresses, or ice if available
- Provide fluids (preferably water) as soon as possible
- Stay with worker until help arrives

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

mjflynn



[Weather.gov/socialmedia](https://www.weather.gov/socialmedia)
[Weather.gov/heat](https://www.weather.gov/heat)



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[SacramentoReady.org](https://www.sacramento-ready.org)



How to Prevent Heat Illness

Acclimation



- Gradually increase workers' time in hot conditions over 7 to 14 days.
- For new workers:
 - The schedule should be no more than 20% of the usual duration of work in the heat on day 1 and no more than 20% increase on each additional day.
- For workers with previous experience:
 - The schedule should be no more than 50% of the usual duration of work in the heat on day 1, 60% on day 2, 80% on day 3, and 100% on day 4.
- Closely supervise new employees for the first 14 days or until they are fully acclimatized.
- Non-physically fit workers require more time to fully acclimatize.
- Acclimatization can be maintained for a few days of non-heat exposure.
- Taking breaks in air conditioning will not affect acclimatization.

Hydration



- If in the heat <2 hours and involved in moderate work activities, drink 1 cup (8 oz.) of water every 15–20 minutes.
- During prolonged sweating lasting several hours, drink sports drinks containing balanced electrolytes.
- Avoid alcohol and drinks with high caffeine or sugar.
- Generally, fluid intake should not exceed 6 cups per hour.

Rest Breaks



- Encourage co-workers to take appropriate rest breaks in order to cool down and hydrate.
- Permit rest and water breaks when a worker feels heat discomfort.
- Modify work/rest periods to give the body a chance to get rid of excess heat.
- Assign new and unacclimatized workers lighter work and longer, more frequent rest periods.
- Shorten work periods and increase rest periods:
 - As temperature, humidity, and sunshine increase.
 - When there is no air movement.
 - If protective clothing or equipment is worn.
 - For heavier work.