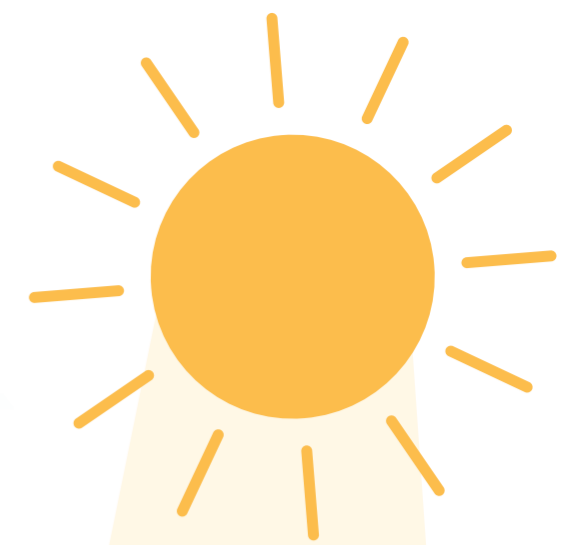


HEAT SAFETY ON THE JOB

Hot work environments rarely feel like emergencies at first. But when the body absorbs heat faster than it can release it, the risk can rise quickly. Add physical exertion and heat-trapping PPE, and heat-related illness can escalate fast.

These prevention essentials focus on practical steps that help crews stay safe as seasonal temperatures climb.



SCHEDULE REST BREAKS

Breaks are one of the most effective ways to reduce heat stress. **Regular recovery time in cool, shaded areas** — paired with readily accessible water — helps crews cool down before symptoms escalate.

BUILD AN ACCLIMATIZATION PLAN

Heat tolerance doesn't happen instantly. **Gradual exposure over 7-14 days** allows the body to adapt through improved sweating and circulation.

FOR EXPERIENCED WORKERS:

For experienced workers returning to hot environments, implement a **4-day gradual acclimatization plan** to prevent heat-related illness.

DAY 1	DAY 2	DAY 3	DAY 4
50% EXPOSURE	60% EXPOSURE	80% EXPOSURE	100% EXPOSURE

SET UP A BUDDY SYSTEM

Heat illness can cloud judgment, making it hard for workers to recognize their own symptoms or realize they're in danger. If someone seems confused, unsteady, or "off," **speak up and get help right away.**



MANAGE PPE HEAT RISK

Certain PPE can trap heat and moisture, reduce the body's ability to cool through sweating, and increase physical efforts, causing workers to overheat faster. **Encourage lightweight, breathable clothing** when PPE requirements allow.



BE SURE TO HYDRATE

Remind workers to drink water regularly throughout the job, not just when they feel thirsty. For extended work sessions, provide electrolyte-containing drinks to help replace fluids and support safe hydration.



1 CUP (8 oz.)
EVERY 15-20 MINUTES



HEAT SAFETY ON THE JOB

Heat stroke can start with subtle signs and escalate quickly if not addressed. Symptoms such as confusion, dizziness, or unusual behavior may be early indicators to look out for.

These response essentials highlight what to watch for and the immediate first aid steps that can help support a worker until emergency help arrives.



COMMON SYMPTOMS

Heat illness exists on a continuum — from cramping and dizziness to the most severe form: heat stroke. Heat stroke can develop rapidly, with **body temperature rising to 106°F or higher within 10-15 minutes** if not treated promptly.



HOT, DRY SKIN OR PROFUSE SWEATING



BODY OR EXTREMITY CRAMPS



CONFUSION AND DIFFICULTY FOCUSING



LOSS OF CONSCIOUSNESS OR SEIZURES



RAPID HEART RATE AND BREATHING

ADMINISTERING FIRST AID

When heat illness is suspected, quick action can make a meaningful difference. Heat stroke can become life-threatening quickly, so calling 911 right away is critical. While help is on the way, **focus on cooling the worker and stay with them until emergency responders arrive.**

MOVE THE WORKER TO A COOL AREA

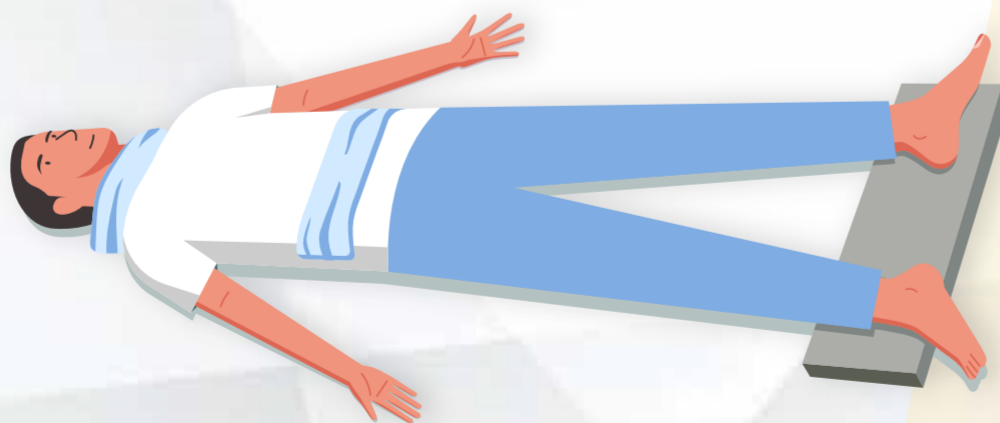
Shade, air conditioning, or any cooler space helps reduce heat exposure

APPLY COLD COMPRESSES



PROVIDE COOL FLUIDS

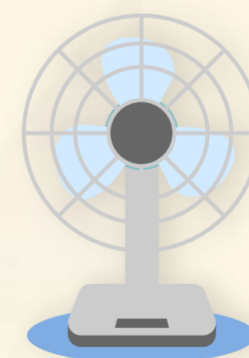
NOTE: Only offer fluids if the person is fully alert and able to swallow.



HAVE THE WORKER LIE DOWN

REMOVE OUTER CLOTHING

This can help reduce trapped heat and improve cooling.



USE A FAN TO HELP CIRCULATE AIR

ELEVATE FEET

(About 12 inches or so) to encourage blood flow back to the heart and lower blood pressure.