Your Trust Partners in
SAFETY
HEAT STRESS SAFETY

TOOL COUNTRY

What is "Heat Stress"?

Heat stress are those illnesses and injuries caused to the body when significant heat and humidity is encountered and not properly compensated for. Heat-related illnesses range from heat cramps to heat stroke, which can potentially lead to death.

Between 2015 and 2019, the U.S. Department of Labor's Bureau of Labor Statistics reports that environmental heat cases resulted in an average of 35 fatalities and over 2,700 days of missed work EACH YEAR. However, the true number of fatalities may not be truly known due to misdiagnosis or under-reporting.

Scan for more info

OSHA's National Emphasis Program (NEP) - Outdoor & Indoor Heat-Related Hazards

In 2002, OSHA implemented the NEP to bring increased awareness to critical topics, including Heat Stress Safety. Its intention is to "encourage early interventions by employers to prevent illnesses and deaths among workers during high heat conditions" to help prevent further incidents.

Signs of Heat Stress, Common Heat-Related Illness & Suggested Treatments

HEAT RASH
How it happens: Sweat ducts become clogged and sweat can't get to the surface of the skin.
How to treat it: Keep the skin dry and rest in a cool place.

HEAT CRAMPS
How it happens: Salt and moisture levels are depleted through excessive perspiration.
How to treat it: Move to a cool, shaded area, apply something cool, drink plenty of fluids.
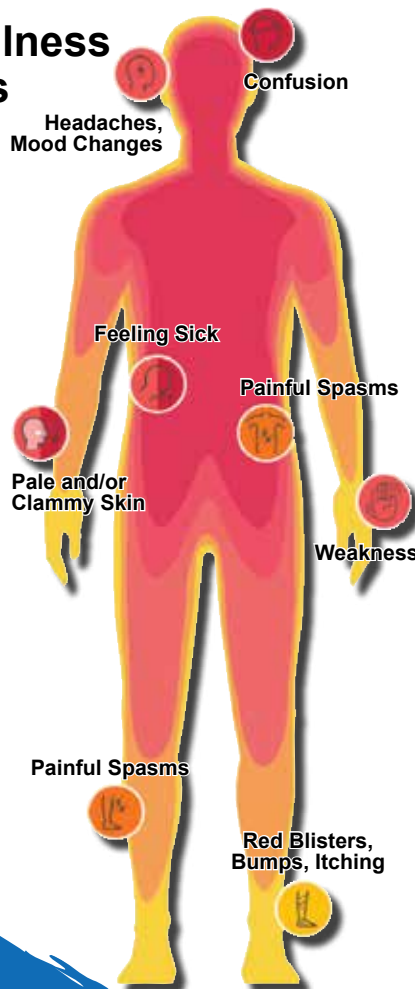
HEAT EXHAUSTION
How it happens: Prolonged exposure to high temps & poor hydration.
How to treat it: Move to a cool, shaded area, apply something cool, drink fluids and monitor.

HEAT STROKE
How it happens: When the body becomes unable to control its core body temperature.
How to treat it: Seek medical attention immediately.

Body diagram labels: Confusion; Headaches, Mood Changes; Feeling Sick; Painful Spasms; Pale and/or Clammy Skin; Weakness; Painful Spasms; Red Blisters, Bumps, Itching

Urine Color Test

WELL HYDRATED
HYDRATED
DEHYDRATED — Drink Water!
SEVERELY DEHYDRATED — Drink Water Immediately!

STAY HYDRATED!

Hydrate *BEFORE* Work
Being hydrated from the start, makes it easier later in the day; if you start dehydrated, you may never be able to catch up later in the day!

Hydrate *DURING* Work
Drink before you feel the need to. When you *feel* thirsty, you are already getting dehydrated. Dehydration can lead to heat exhaustion.

When working in heat, drink 1 cup/8oz. every 15-20 minutes. This equates to 3/4-1qt (24-32oz) of fluids per hour.

Hydrate *AFTER* Work
As soon as your work day or shift is done, begin rehydrating. Most people need several hours after work stoppage, to replace fluids lost during work.

Rehydration is even more important for those who consistently work in the heat. Chronic dehydration can increase the risk of a number of medical conditions, such as kidney stones.

WHAT CAN I REHYDRATE WITH?
What to drink: Water, Sports drinks (in moderation; too much causes te addition of unnecessary calories to your daily diet).

What to avoid: Energy drinks, alcohol, drinks with large amounts of sugar and/or caffeine (such as energy drinks, or excessive amounts of soft drinks).

All info provided provided in combination from Radians, Ergodyne, OSHA and the Center for Disease control (CDC).

SAFETY COUNTRY — SAFETY SUPPLY

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