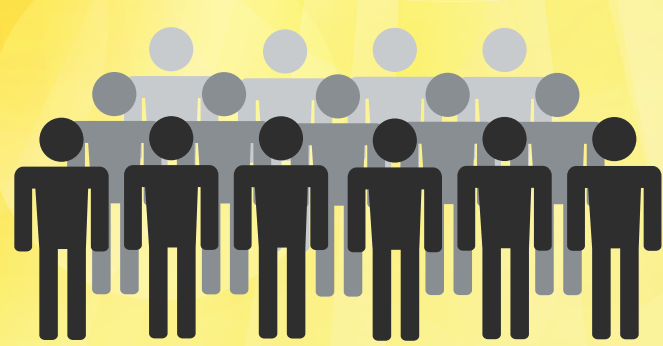


FAST Guide to Heat Illness Protection

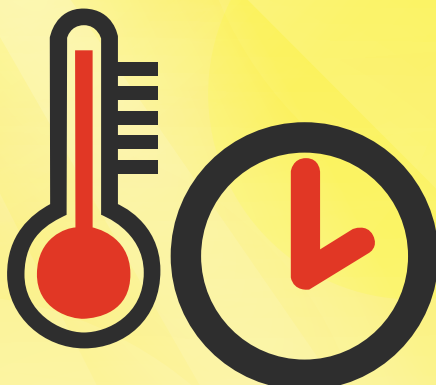
The Dangers of Heat

Exposure to heat can cause illness and death. The most serious case of heat illness is heat stroke which can cause damage to the internal organs and even death.

Heat illness can occur from working both indoors and outdoors. Workplaces with indoor hazards may include foundries, chemical plants, brick-firing operations or mines. Outdoor operations conducted in hot weather and direct sun such as farm work, construction, landscaping and oil and gas operations also put workers at risk for heat related illnesses.



In 2014 **2,630 workers** suffered from heat related illness and **18 died** from heat stroke and related causes on the job.



Heat stroke occurs after the body reaches **104° F** and can happen in as little as **10-15 minutes**.



Sweat produced by a working adult can reach **2-3 quarts/hour** to **10-15 quarts/day**.

Tips for Heat Illness Prevention



Stay Hydrated

Drink water every 15 minutes even if you aren't thirsty. Stay away from ice cold drinks on especially hot days as this can lead to stomach cramps.



Dress for the Weather

Wear lightweight, light colored and loose fitting clothing. Also consider a wide brimmed hat to protect your head and face from the sun.

Drink the Right Fluids

Stay away from drinks that contain caffeine, alcohol and excess sugar. Drinking these kinds of drinks in the heat can dehydrate your body even faster.



Use the Buddy System

Connect with a partner so you can keep an eye on each other for any signs of heat related illness. Learn the signs and symptoms and be prepared to call for help if needed.



Symptoms of Heat Illness



Heat Cramps

Symptoms:

Muscle spasms

Pain - Usually in abdomen, arms, or legs

Heat Rash

Symptoms:

Clusters of red bumps on skin

Often appears on neck, upper chest, or folds of skin



Heat Exhaustion

Symptoms:

Headache

Thirst

Weakness

Irritability

Heavy Sweating

Fast heart beat

Nausea or vomiting

Light headedness

Cool, moist skin

Dizziness



Heat Stroke

Symptoms:

Confusion Seizures Fainting

Rapid, strong pulse Dizziness

Excessive sweating or red, hot

Very high body temperature



How To Help A Worker That Is Suffering From Heat Stroke



Heat stroke is a life threatening condition. Call 911 immediately.

Get the victim to a shady or air-conditioned area.

Cool the victim rapidly using whatever method you can. Here are some examples:

Immerse the victim in a tub of cold water.

Place the person in a cool shower.

Spray the victim with cool water from a garden hose.

Sponge the person with cold water.

If the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.



Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102° F.

Do not give the victim fluids to drink.

If emergency personnel are delayed, call the hospital emergency room for further instructions.

Employer Responsibilities



WATER. REST. SHADE.

- ✓ Establish a complete heat illness prevention program.
- ✓ Provide training to all employees about the hazards leading to heat illness and how it can be prevented.
- ✓ Supply lots of cool water close to where employees are working. At least one pint of water is needed per employee, per hour.
- ✓ Modify work schedules and arrange frequent rest periods with water breaks in a shaded or air-conditioned area.
- ✓ Gradually increase workloads and allow more frequent breaks for workers that are new to the heat or have been away from work to adapt to working in the heat. This is also known as acclimatization.
- ✓ Routinely check workers who are at risk of heat stress due to protective clothing and other high temperatures.
- ✓ Consider protective clothing that provides additional cooling methods.



Fastenal Safety Specialists

Looking for help protecting your employees from the heat? Contact our safety specialists for help today by emailing: safetyquestions@fastenal.com

Safety Product Expertise

On-Site Inspections

Cost Savings Ideas