

Protecting Your Employees From Heat Illnesses

April 2023



AGENDA

- Types of heat illnesses
- Prevention methods
- First-aid
- Heat illness prevention programs

Types of heat illnesses

Heat illness

A medical condition that occurs when your body can no longer cool itself by sweating and your body temperature begins to rise.



Heat illness risk factors

Environmental risk
factors



&

Physical labor
risk factors



Types of heat illnesses

Heat rash

- Red bumps on skin
- Often appear on neck and upper chest

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- Fatigue or dizziness
- Irritability
- Thirst
- Nausea

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- Fatigue or dizziness
- Irritability
- Thirst
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Heat stroke

- Confusion
- Slurred speech
- Unconsciousness or seizing
- Rapid heart rate



Who's at risk?

Prevention methods

Engineering controls

Cool the environment:

- Increase air flow
- Shield heat sources

Reduce manual labor:

- Utilize mechanical equipment



Acclimatization

The natural process of gradual physiological adjustment of the human body as it gets used to new climatic conditions.



Acclimatization

	Day 1	Day 2	Day 3	Day 4	Day 5
Employee with recent experience	50%	60%	80%	100%	

Acclimatization

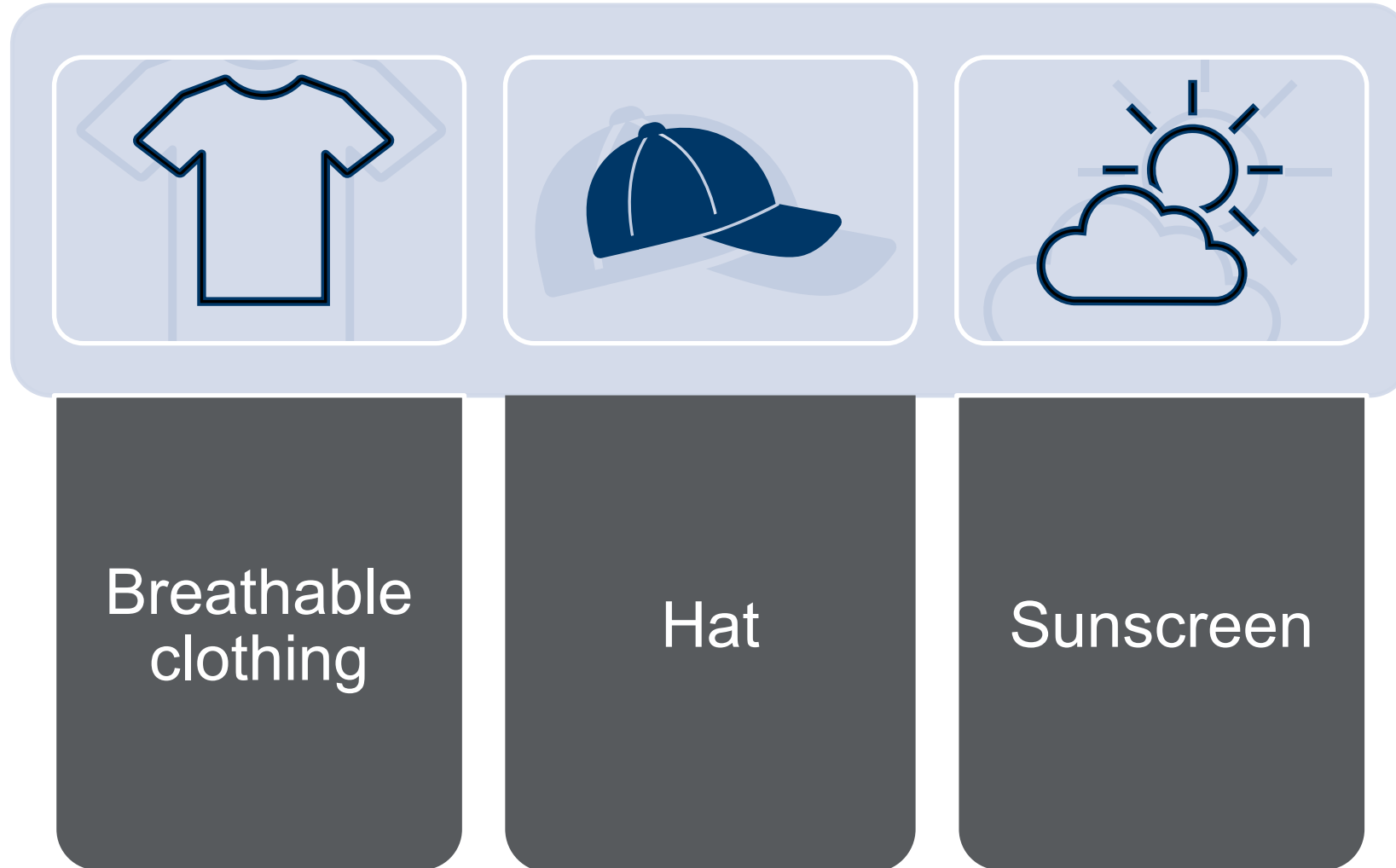
	Day 1	Day 2	Day 3	Day 4	Day 5
Employee with recent experience	50%	60%	80%	100%	
Employee without recent experience	20%	40%	60%	80%	100%

Scheduling

- Start work earlier when possible
- Avoid heavy workloads in the hottest part of the day
- Complete lighter tasks during the afternoon
- Utilize a buddy system



Clothing





WATER. REST. SHADE.

The work can't get done without them.

WATER.

- 1 cup every 20 minutes

REST.

- According to heat index

SHADE.

- Find a cool, shady location



What to avoid

- Alcohol
- Caffeine
- Sugary sports drinks (over water)
- Disobeying doctor's orders
- Working through symptoms



First-aid

Recognizing symptoms

Heat cramps &
heat exhaustion

- Muscle spasms
- Fatigue or dizziness
- Irritability
- Extreme thirst
- Nausea

Heat stroke

- Vomiting
- Confusion
- Slurred speech
- Unconsciousness or seizing
- Rapid heart rate

First-aid: Heat cramps and exhaustion

- Move to a cooler, shady location
- Provide water
- Monitor symptoms
- If no improvement, seek medical attention
- Do not return to work

First-aid: Heat stroke

- Call 911
- Remove unnecessary clothing
- Place cool, wet towels on employee
- Utilize an ice bath, if available
- Have the employee slowly drink water

Key tips

Avoid employees working alone.

Take symptoms seriously.

Don't leave affected employees alone.

Call 911 if there are any concerns.

Give affected employees time to recover.

Heat illness prevention programs

Considerations

- Who's in charge of acclimatization?
- Who will coordinate first-aid care?
- What controls will be utilized?
- How will risk levels be determined?
- Who's responsible for training?

POLICIES

PROCEDURES



Program contents

- ✓ Heat illness explanation
- ✓ Heat illness factors
- ✓ Controls & responsibilities
- ✓ Heat illness symptoms
- ✓ First-aid measures
- ✓ Training details

HEAT ILLNESS GUIDE AND PREVENTION PROGRAM



A woman with short grey hair, wearing a grey blazer and a pink patterned scarf, stands in a room with large windows. She is pointing towards a whiteboard that has the word "Safety" written on it. In the foreground, the backs of several people's heads are visible, indicating they are attending the presentation. A yellow hard hat is visible on a table in the background.

Safety

TRAIN STAFF ON:

- ✓ Risk factors
- ✓ Types of heat illnesses
- ✓ First-aid measures
- ✓ Medical care
- ✓ Acclimatization
- ✓ Rest and water breaks

Key takeaways

1. Create and implement a heat illness prevention program.
2. Incorporate prevention measures into your workplace.
3. Train employees on risk factors, symptoms and prevention methods .



QUESTIONS?

Thank you!

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