

Heat Stress

Heat stress can be a serious health hazard for employees required to work while exposed to the sun or other heat sources. Supervisors and foremen should look continuously for symptoms and signs of heat stress-related disorders in employees.

A. Two heat stress-related disorders are noted in Table 2:

Table 2
Symptoms and Signs of Heat Stress

<i>Disorder</i>	<i>Symptoms</i>	<i>Signs</i>
Heat Exhaustion	Weakness Fatigue Blurred vision Dizziness Headache	High pulse rate Extreme sweating Pale face Insecure gait Normal to slightly elevated temperature
Heatstroke	Chills Restlessness Irritability	Red face Hot dry skin (usual) Disorientation High temperature ($\geq 104\text{F}$) Erratic behavior Shivering Collapse Convulsions Unconsciousness

- B. The employer must provide a suitable number of trained persons to render **first aid** as follows:
1. To give **first aid** for heat exhaustion, lay the person down flat in a cool environment, loosen his or her clothing, and give him or her plenty of water to drink.
 2. To give **first aid** for heat stroke, immediately start aggressive cooling of the person and get him or her to a hospital.
- C. The employer must protect employees from heat stress by:
1. Providing cool, potable water **1524(a)**
 2. Providing frequent cool-down breaks
 3. Timing the heaviest work load for during the coolest part of the workday
 4. Encouraging workers to drink water and to cool down
 5. Looking for signs and symptoms of heat stress
 6. Providing **training** on heat stress—including prevention, recognition, and first aid—as a part of the company’s **IIP Program**. **3203, 3400, 3439**

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