

HAZARD ALERT

CPWR
THE CENTER FOR CONSTRUCTION

WORKING IN HOT WEATHER



Am I in danger?

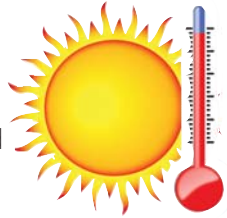
OSHA says that each year, thousands of workers get sick from heat exhaustion or heat stroke. **Some even die.**

You are at risk if you:

- ▶ Work in hot and humid conditions;
- ▶ Do heavy physical labor; and
- ▶ Don't drink enough water.

This risk is greater for workers who are not used to the heat.

But you can protect yourself and feel better as you work by dressing for hot conditions and taking frequent breaks for water and shade.



What to look for...

Signs of **Heat Exhaustion**:

- ▶ Weakness and wet skin
- ▶ Headache, dizziness or fainting
- ▶ Nausea or vomiting

Signs of **Heat Stroke**:

- ▶ Confusion or fainting
- ▶ May stop sweating – dry, hot skin
- ▶ Convulsions or seizures

Get help if you or a co-worker has these signs.

HEAT STROKE IS A MEDICAL EMERGENCY.

IT CAN BE DEADLY. If a co-worker shows signs of heat stroke, **call 911.**



If you think you are in danger:

Contact your supervisor.
Contact your union.

Call OSHA
1-800-321-OSHA

Protect yourself ...



1 Dress for hot conditions

Wear clothes that are:

- ▶ Light-colored (white, etc.)
- ▶ Loose-fitting
- ▶ Lightweight

Wearing heavy protective clothing or personal protective equipment may increase your risk you may need more frequent breaks for rest and water.



PHOTO COURTESY OF CAL-OSHA

2 Drink Water

Drink water every 15 minutes when working in hot conditions.

DO NOT wait until you are thirsty to drink water.
DO NOT drink alcohol and **AVOID** caffeine.



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3 Take Breaks

Take frequent rest breaks in shaded, cooled or air-conditioned areas.

If you see a co-worker with symptoms of **Heat Exhaustion**, speak up.

If you see a co-worker with symptoms of **Heat Stroke**, seek medical attention immediately!

Your employer should:

- ▶ Have a heat illness prevention program and emergency plan.
- ▶ Provide training on heat hazards and steps to prevent heat-related illnesses.
- ▶ Provide clean, cool water – about 4 cups (that's two 16-ounce bottles) each hour.
- ▶ Schedule frequent breaks in shaded or cooled areas.
- ▶ Gradually increase workloads for workers new to the heat.

Learn more about heat-related illnesses and how to prevent them at

<http://bit.ly/CPWRHotWeather>

To receive copies of this Hazard Alert and cards on other topics

Call 301-578-8500