

Additional Resources from CPWR's June 26th webinar, Developing a Heat Illness Prevention Program in Construction

Note: This is a comprehensive list of the resources and information shared by both panelists and attendees in the chat during this webinar. CPWR has not vetted the resources and does not formally endorse anything shared.

Links Shared:

- [Webinar Recording](#)
- [Spanish Audio Recording](#)
- [PDF of slides](#)
- [CPWR webinar on OSHA Heat NEP](#)
- [Dodge Safety Management Report](#)
- [Overall Heat-Illness Prevention Program Checklist for Construction \(en español\)](#)
- [Daily Heat-Illness Prevention Checklist for Construction \(en español\)](#)
- [OSHA Checklist for Employers](#)
- [Heat Related Deaths infographic](#)
- [CPWR Heat Resources webpage](#)
- [CPWR Key Findings from Research: Heat-related deaths among construction workers](#)
- [NPR Story on Heat Fatality](#)
- [OSHA Framework for addressing work-related heat exposure](#)
- [Extreme Heat and Occupational Health Risks article](#)
- [Temperature, workplace safety, and labor market inequality article](#)
- [Global labor loss due to humid heat exposure underestimated for outdoor workers article](#)
- [Treatment and Prevention of Heat-Related Illness](#)
- [CPWR Pre-Task Planning package](#)
- [OSHA/NIOSH Heat App](#)
- [AIHA Heat Stress App \(article\)](#)
- Useful Heat-Related Research from WA:
 - [Heat-related Illness by Temperature](#)
 - [Heat-related Illness in New Workers](#)
 - [Heat-Related Illness](#)
- [Duke Infographic on Keeping Cool](#)
- [Free OHS Online Heat Stress webinar](#)
- Articles on medication and heat:
 - <https://www.cdc.gov/heat-health/hcp/heat-and-medications-guidance-for-clinicians.html>
 - https://www.osha.gov/sites/default/files/FactSheet_PersonalRiskFactorsAndHeat.pdf
 - <https://www.nejm.org/doi/full/10.1056/NEJMcp2210623> (see Table 2)

Additional Information Shared:

- OSHA is sponsoring the 'Beat the Heat' photo contest. This photo contest challenges stakeholders to capture an image of how to work safely in the heat and share it with OSHA. The goal of the photo contest is to highlight and showcase the effective strategies that stakeholders are using to protect workers from the heat. OSHA wants stakeholders to see heat

safety in action and be encouraged to adopt similar practices.

<https://www.osha.gov/heat/national-heat-contest>

- ASSP Construction and Management Practice Specialties are hosting a webinar about implementing the standard on 8/20/24.

Heat Stress Management: Implementing ANSI/ASSP A10.50-2024

Tuesday, August 20, 2024 | 12:00 PM CT

Join us for an insightful webinar on implementing ANSI/ASSP A10.50-2024 standard, to learn how to develop heat stress management programs, by conducting specific risk assessments per different outdoor settings and defining adequate control measures.

This webinar will dive into the core components of the standard, providing invaluable insights into how to define protection measures, acclimatization strategies, and essential training protocols.

Don't miss this opportunity to equip yourself with the knowledge and tools necessary to effectively manage heat stress in your outdoor operations.

Sponsored by Construction Practice Specialty and Management Practice Specialty.

Register: https://us06web.zoom.us/webinar/register/WN_7xupKeHoS6KokBmfMKBIFA

- 8 Types of medications make you more susceptible to heat-related illness:
 - Heart Medications
 - Antidepressants
 - Antipsychotics
 - Central nervous system stimulants
 - Anticholinergics
 - Antihistamines
 - Decongestants
 - Dopaminergics
- Additional information/alternative list of medications from [article linked above](#), not shared previously in the chat:

Agent	Mechanism ²⁷
Alcohol	May reduce alertness and affect judgment and perception of heat; exacerbates dehydration and affects vasodilation and cardiac contractility
Amphetamines	May increase metabolic heat production
Anticholinergics	May decrease sweat production
Antihistamines	May cause peripheral vasoconstriction, limiting radiative cooling
Antipsychotics	Interferes with hypothalamic thermoregulation
Benzodiazepines	May reduce alertness and affect judgment and perception of heat
Beta-blockers	Decreases heart rate and contractility
Calcium-channel blockers	Decreases cardiac contractility and compromises vascular compensatory mechanisms
Diuretics	May increase risk of dehydration and hypovolemia
Illicit drugs (e.g., cocaine, heroin, phencyclidine, and MDMA)	May increase metabolic heat production and reduce alertness and judgment
Laxatives	May increase risk of dehydration and hypovolemia
Lithium	May reduce alertness and affect judgment and perception of heat and lead to nephrogenic diabetes insipidus; levels may rise to dangerous levels and cause kidney injury in the context of dehydration
Serotonin-reuptake inhibitors	May interfere with hypothalamic thermoregulation
Thyroid agonists	May increase metabolic heat production
Tricyclic antidepressants	May cause peripheral vasoconstriction, thereby limiting radiative cooling, and may affect central thermoregulation
Weight-loss supplements that may increase metabolic rate (e.g., carnitine and green tea extract)	May increase metabolic heat production

* This list of medications (based on information from Pryor et al.²⁸) and mechanisms is not comprehensive. MDMA denotes 3,4-methylenedioxyamphetamine.