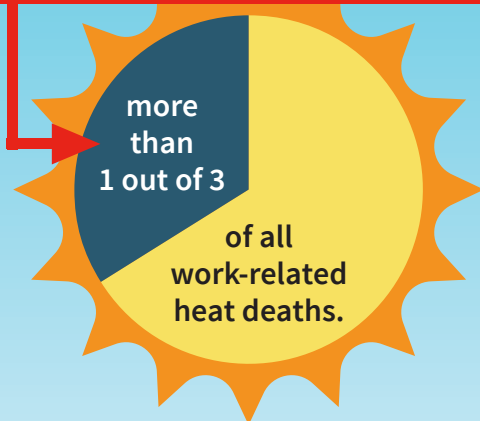




EXTREME HEAT AND CONSTRUCTION FALLS

Construction workers account for



Extreme heat can affect balance, reduce awareness of danger, and slow your reaction time.

Heat exposure **INCREASES RISK** of traumatic injuries such as falls.

YOUNGER AND OLDER (18–34) (>54) workers are most at risk.



What to do:

- Provide water and easy access to toilets.
- Train workers to understand how heat stress affects their health and safety.
- Develop a heat awareness campaign that addresses fall injuries.
- Onsite, have everyone drink extra water to prevent the onset of heat stress.

Download and use the free **OSHA-NIOSH Heat Safety Tool app**



Join the Campaign to Stop Construction Falls!

www.stopconstructionfalls.com



PLAN. PROVIDE. TRAIN.



Sources:
Calkins MM, et al. A case-crossover study of heat exposure and injury risk among outdoor construction workers in Washington State, 2019. Scand J Work Environ Health 2019, 45(6):588-599. <https://doi.org/10.5271/sjweh.3814>
NIOSH Heat Stress, <https://www.cdc.gov/niosh/topics/heatstress/>

#StandDown4Safety