

# HAZARD ALERT

CPWR  
THE CENTER FOR CONSTRUCTION  
RESEARCH AND TRAINING

# WORKING IN HOT WEATHER



## Am I in danger?

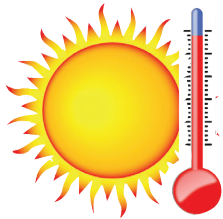
OSHA says that each year, thousands of workers get sick from heat exhaustion or heat stroke. **Some even die.**

### 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.



Source: <https://www.osha.gov/SLTC/heatstress/>

## 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.**



Illustrations courtesy of CAL-OSHA

**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.

PHOTO COURTESY OF NEILL/FRYPY



### 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>

**Find out more about construction hazards.**

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

**call 301-578-8500 or**

**email [CPWR-r2p@cpwr.com](mailto:CPWR-r2p@cpwr.com)**

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