



HOT WEATHER SAFETY

Talking Points:

Statistics

1. Extreme heat accounts for approximately 28,000 workplace injuries each year in the US
2. 7,100 DART cases in 2023 and 2024
3. 48 work related deaths in 2024 due to environmental heat exposure

Primary Factors Contributing to Heat Illness

1. Environment – air temperature, humidity, sun, heat sources, air flow
2. Worker – hydration, clothing, medical condition, acclimatization
3. Work – the amount and effort exerted

Symptoms of Heat Exhaustion

1. Nausea
2. Heavy Sweating
3. Cool, pale, moist skin
4. Headache
5. Muscle cramps
6. Dizziness
7. Fatigue

Symptoms of Heat Stroke (Medical Emergency – call 911)

1. Nausea
2. Hot and dry skin
3. Loss of consciousness
4. Confusion
5. Strange behavior
6. High body temperature
7. Headache

Preventative Measures to Protect Workers

1. Provide plenty of cool water
2. Provide frequent breaks in a shaded or AC space
3. Wear light-colored, loose-fitting clothing
4. Schedule less strenuous tasks between 11am-4pm
5. Be aware that PPE may increase the likelihood of heat stress
6. Educate your employees on the warning signs and proper hydration

Response to Heat Related Illness

1. Move the worker to a cooler shaded area
2. Remove as much clothing as possible
3. Cool the body temperature down as quickly as possible
 - a. Submerge into water up to the neck
 - b. Cold shower
 - c. Drape body with cool wet towels
4. Provide water or electrolyte beverage
5. Seek extra medical attention if symptoms do not improve

For more safety tips and courses, visit [ndsc.org](https://www.ndsc.org)