Heat Stress

At times, workers may be required to work in hot environments. When the human body is unable to maintain a normal temperature, heat-related illnesses can occur and may result in death. Approximately 700 people die from heat stroke in the U.S every year.

Environmental Factors
- Air temperature
- Humidity level
- Radiant heat (such as the sun or a furnace)
- Air velocity

Personal Characteristics
- Age
- Weight
- Fitness
- Medical condition
- Acclimatization to heat
Heat Index General Effect of Heat Index on People in Higher Risk Groups

<table>
<thead>
<tr>
<th>Heat Index</th>
<th>General Effect of Heat Index on People in Higher Risk Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>80-89 Caution</td>
<td>Fatigue possible with prolonged exposure and physical activity.</td>
</tr>
<tr>
<td>90-104 Extreme Caution</td>
<td>Sunstroke, heat cramps and heat exhaustion possible.</td>
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<tr>
<td>105-129 Danger</td>
<td>Sunstroke, heat cramps and heat exhaustion likely – heat stroke possible.</td>
</tr>
<tr>
<td>130 or Higher Extreme Danger</td>
<td>Heat stroke highly likely with continued exposure.</td>
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</tbody>
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Five Types of Heat Illness

1. Heat rash is the most common problem in hot work environments. It’s caused by sweating and looks like a red cluster of pimples or small blisters.
2. Heat cramps in arms or legs can occur during physical labor in a hot environment.
3. Fainting can occur when a person is not used to extreme heat.
4. Heat exhaustion is more serious and may develop over a few days before it progresses to heat stroke.
5. Heat stroke may develop over a few days and can be fatal.
What to Do When A Worker Is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

**IF THE WORKER IS NOT ALERT or seems confused, this may be heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.**

Symptoms of Heat Exhaustion

- Weakness
- Headache
- Fatigue
- Nausea
- Vomiting
- Blurred vision
- Dizziness
- High pulse rate
- Extreme sweating
- Pale face
- Red face
- Unsteady gait
- Clammy and moist skin
- Normal to slightly elevated temperature

Symptoms of Heat Stroke

- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature (104°F or higher)
- Hot, dry skin or profuse sweating (25% - 50% of cases)
- Rapid pulse
- Chills
- Restlessness
- Nausea
- Vomiting
- Irritability
- Red face
- Disorientation
- Erratic behavior
- Shivering
- Collapse
- Convulsions
- Fainting
- Heat stroke may resemble a heart attack
Heat Stress

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- Low-cost safety-training videos from our online library

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To Prevent Heat Illness:

- Drink water frequently.
- Know the signs and symptoms of heat-related illnesses and take them seriously.
- Consider sports drinks when sweating a lot. Avoid alcohol, caffeinated drinks and heavy meals before, after and during work in a hot environment.
- Wear appropriate clothing.
- Take regular breaks.
- Use the “buddy system” - keep an eye on your co-workers.

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