

## HOT WEATHER HAZARD ALERT

### 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.

#### 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



### HOW TO PROTECT YOURSELF

#### 1. Dress for hot conditions

- Light colored clothes (white, cream, etc.)
- Loose fitting and lightweight clothes

#### 2. Drink water

- Drink every 15 minutes, do not wait
- Do not drink alcohol and avoid caffeine

#### 3. Take breaks

- Take frequent breaks in shaded, cooled areas
- If you see a coworker with symptoms of heat exhaustion, speak up
- If you see a coworker 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



### CONTACT US

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Website: <https://ehs.ucr.edu/heat-illness>

Report an Incident, Injury or Safety Concern <https://ehs.ucr.edu/report>





## INDOOR HEAT ILLNESS

### WHAT YOU NEED TO KNOW

Did you know that those who work indoors could also face some of the same heat illness hazards as outdoor workers? High outside heat, along with heat generating equipment in the lab, such as computers ovens and furnaces, can increase temperatures to uncomfortable or dangerous levels.

In an office or lab setting you may only have a few options to handle the high heat. You can relocate your employees to a cooler area, you can give them the option to work from home, or you can simply let them go home early.

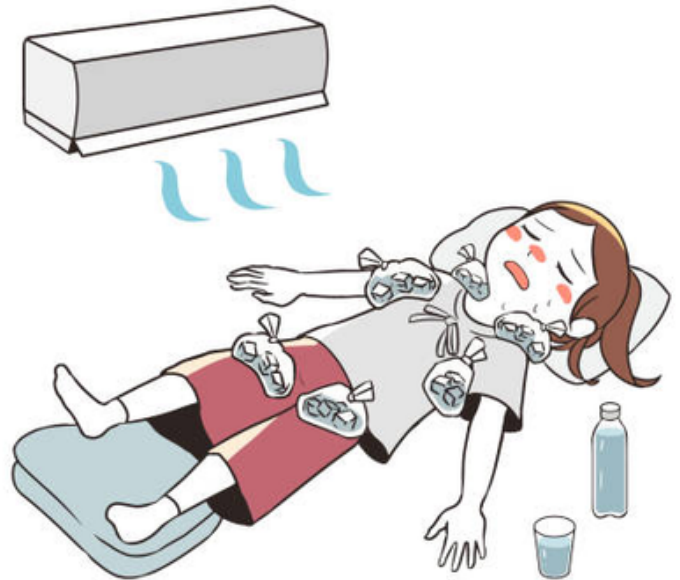


### WHAT ARE SOME COMMON HEAT RELATED ILLNESSES?

- **Heat Rash:** Swollen, itchy skin
- **Heat Cramps:** Painful muscle cramps, usually in legs or stomach, due to salt loss from sweating
- **Heat Exhaustion:** Fatigue, weakness, and dizziness from water and salt loss
- **Heat Stroke:** Life-threatening condition when the body temperature reaches 103° F or higher

#### Common Heat Hazard Conditions:

- High air temperatures (80 degrees or above)
- Poor air movement
- Radiant heat sources (like ovens, furnaces)
- Physical labor
- Not enough cool drinking water
- Heavy personal protective equipment (PPE)



### WHAT TO DO NEXT

Once you identify these hazards, the next step is to seek engineering control measures to reduce the heat sources:

- Add air conditioning and/or cooling fans
- Add or increase general ventilation
- Add local exhaust ventilation to remove heat sources and byproducts
- Insulate or shield hot equipment, pipes, and structures
- Repair equipment that leaks heat or steam into the work environment
- Offer cooling vests or scarves
- Limit the time a worker spends on a specific task, and rotate work schedules to reduce worker exposure to heat sources
- Encourage employees to remove personal protective equipment during breaks, as a cooling measure
  - Reducing PPE protection (e.g., wearing shorts, not wearing a lab coat) while working in areas where PPE is required is unsafe and not an acceptable control
- Have plenty of cool drinking water available

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# Questions?