



## HEAT SAFETY TIPS IN THE WORKPLACE

The N.C. Division of Public Health encourages employers and workers to be aware of safety precautions during exceptionally high temperatures in North Carolina. During the hot summer months, those who work outside and in certain indoor jobs are at increased risk of heat-related illness.

Health problems can range from cramps and rashes to heat exhaustion and more deadly, heatstroke. Vulnerable worker-groups including those employed in construction, agriculture, and certain manufacturing sectors are at highest risk.

Employers and workers are urged to pay attention to the following recommendations from the Centers for Disease Control and Prevention (CDC) to reduce heat-related illness:

### Employer Recommendations

- Train workers and supervisors to prevent, recognize, and treat heat illness. Conduct safety committee meetings during heat spells.
- Remind workers to drink proper fluids like water and juice before work and throughout the day, even when they are not thirsty.
- Establish work/rest schedules appropriate for current heat indices.
- Ensure that workers have access to shade.
- Schedule heavy work during cooler hours if possible. Rotate workers as much as possible to limit workers' time in the heat
- Monitor temperatures and workers during hot conditions.
- Provide PROMPT medical attention to any worker who shows signs of heat stroke. The first step is to get the worker out of the heat!

### Worker Recommendations

- Know the signs of heat-related illness. Initial symptoms include: excessive sweating, tiredness, poor concentration, and headache.
- Tell your supervisor if you are new to working in the heat.
- Get out of the sun or find a cool place when you start to overheat.
- Drink plenty of water and juice before and throughout the work day.
- Know the location of the closest drinking water supplies.
- Use a buddy system and check on co-workers often.
- Take a cold bath or shower to cool down after work.

For more information on heat illness, visit  
[http://emergency.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp)