

# Working Outdoors HEAT STRESS

## Heat Stress

### Make the Workplace Safer

- ✓ Provide cool potable water.
- ✓ Have shade available.
- ✓ Have an emergency phone, like a cell phone, available to call 9-1-1 in case of an emergency. Know your location.

### Follow Safe Work Practices

- ✓ Watch for symptoms of heat stress including high body temperature, hot, dry skin, confusion, nausea, headaches, fatigue, and fainting.
- ✓ Drink a minimum of 1 quart of cool potable water per hour.
- ✓ Start drinking water at the beginning of work and don't wait until you're thirsty.
- ✓ Stay away from drinks with caffeine such as coffee, alcohol and soft drinks.
- ✓ Wear proper loose fitting clothing and dress for the weather conditions.
- ✓ Acclimate yourself to the heat and don't overwork. Allow time for your body to adjust.
- ✓ Air temperature will increase if you're working next to a source of radiation, on a roof, in a trench, inside a vehicle, in a confined space, or on a street.
- ✓ Check with your doctor if you're taking any medications that may adversely affect you while working outdoors. Some medications can increase the symptoms of heat stress.
- ✓ NOTIFY YOUR SUPERVISOR IMMEDIATELY IF YOU HAVE ANY HEAT-RELATED SYMPTOMS.

### Personal Protective Equipment

- ✓ Always wear the proper Personal Protective Equipment (PPE) for the job.
- ✓ Types, styles, and designs of PPE should be chosen based upon company policy, state law and the weather conditions and surrounding present conditions.
- ✓ NOTIFY YOUR SUPERVISOR IMMEDIATELY IF YOU ARE UNABLE TO WEAR ANY PPE.

### DID YOU KNOW?

California state law requires employers to provide employees with drinking water and shade on days where the outside temperature exceeds 85 degrees in the shade.

