



Mission Success Starts With Safety



SSC Monthly Construction Contractor Meeting

Safety Presentation

Heat Safety

June 02, 2022



Heat Safety



Occupational Safety and Health Administration (OSHA) and Centers for Disease Control and Prevention (CDC)

Many people are exposed to heat on the job, whether working outdoors, visiting a job site, standing under the sun for hours at a time or even working indoors in poorly-ventilated environments. Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness. An average of 702 heat deaths and 9,235 hospitalizations occur each year due to heat.

Safe Plan of Action

Remember these tips for staying safe in extreme heat: Hydrate. Whether you feel thirsty or not, drink plenty of water to avoid becoming dehydrated, especially when you're working or exercising outside. Educate yourself. Keep up with the latest temperature and heat index forecasts and current readings (take actions to stay cool and safe when the temperatures hits 85° or the heat index hits 90°). Know the warning signs of a heat illness, and how you can stay cool. Act quickly when a heat illness is suspected. Seek medical attention immediately for any of these warning signs: cramping, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, nausea, vomiting. Take it easy. Anyone working or exercising outdoors should avoid overexertion, especially between the hours of 11 am and 6 pm. Take hourly breaks in the shade or in air conditioning.



Heat Safety

Stay Cool



Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.

Stay Cool Indoors: Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library. Call your local health department to see if there are any heat-relief shelters in your area.

Schedule Outdoor Activities Carefully: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

Pace Yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Stay Hydrated



Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

Warning: If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

Keep Your Pets Hydrated: Provide plenty of fresh water for your pets and leave the water in a shady area. Never leave children or pets unattended in vehicles. Look before you lock!

Stay Informed



Check for Updates: Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

Know the Signs: Learn the signs and [symptoms of heat-related illnesses](#) and how to treat them.

Use a Buddy System: When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

Monitor Those at High Risk: Although anyone can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are physically ill, especially with heart disease or high blood pressure