



Mission Success Starts With Safety

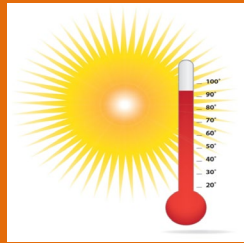


SSC Monthly Construction Contractor Meeting

Safety Presentation

Extreme Heat

July 01, 2021



**Heat stress is no joke
Remember - Water, Rest, Shade
Don't have a stroke**



The National Institute for Occupational Safety and Health (NIOSH)

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam. Every year, thousands of workers become sick from occupational heat exposure, and some even die. These illnesses and deaths are preventable.

Safe Plan of Action

Important ways to reduce heat exposure and the risk of heat-related illness include engineering controls, such as air conditioning and ventilation, that make the work environment cooler, and work practices such as work/rest cycles, drinking water often, and providing an opportunity for workers to build up a level of tolerance to working in the heat. Employers should include these prevention steps in worksite training and plans. Also, it's important to know and look out for the symptoms of heat-related illness in yourself and others during hot weather. Plan for an emergency and know what to do — acting quickly can save lives!

Case Study: Heat Stroke

A 44-year-old male worker died of heat stroke while working on a North Carolina farm. The man had been working in the fields for about a week. On August 1st, the heat index was between 100 °F and 110 °F. Around 3 p.m., the worker complained to the crew leader that he was feeling ill. He drank some water and was driven to the employee housing and left alone. He was found unconscious 45 minutes later. Emergency personnel took the worker to the hospital, where he was pronounced dead. His core body temperature was 108 °F.

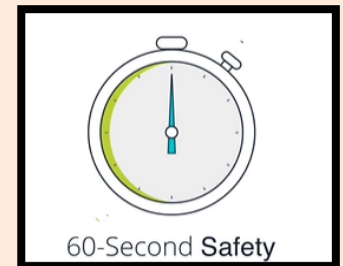
Lessons Learned

- Feeling ill while working in the heat is a serious warning sign. Any employee who reports feeling unwell during work in hot conditions could have heat exhaustion, which can quickly progress to heat stroke if not treated.
- Proper first aid for someone with suspected heat exhaustion or heat stroke involves COOLING the body as quickly as possible - not simply drinking water.
- People with severe heat illness do not always recognize the risks they face. If a worker shows signs of heat exhaustion or heat stroke, do not leave them alone until they receive medical attention.

For Heat-Related Emergencies at SSC

Call Emergency Medical Services by
Dialing 911 from an SSC Land Line or
228-688-3636 from a Cell Phone

The SSC policy to conduct operations in a manner to prevent heat-related injury associated with working in hot environments is implemented through the Heat Stress Program ([SCWI-8715-0014](#))



Click the graphic to go to the NASA Safety Center Video on Heat-Related Illness Prevention; select play.

