

ENVIRONMENTAL HEALTH AND SAFETY

FACILITY AND OCCUPATIONAL SAFETY

HEAT STRESS



Prevent Heat Stress - Do Not Get Overheated

Plan and Prevent

- If you are not used to hot work conditions, gradually build up to heavy work
- Use the coolest parts of the day for the most intense work
- Monitor weather conditions
- Select clothing that is light-colored, loose-fitting and breathable
- Drink water frequently – do not wait until you are thirsty
- Take more breaks throughout the work day
- Use areas of shade or go inside whenever possible, especially when taking breaks

Life-threatening Symptoms: **CALL 911!**

High body temperature
Red, hot, dry skin
Confusion
Convulsions
Fainting

Early Symptoms: **TAKE A BREAK!**

Fatigue
Heavy sweating
Headache
Cramps
Dizziness
High pulse rate
Nausea/vomiting

Seek medical care if symptoms worsen or don't improve over time

Additional Resources:

HEAT.gov - National Integrated Heat Health Information System



Administrative Operations

EHS - Facility and Occupational Safety
FacOccSafety@groups.purdue.edu

