



Heat Illness Advisory

WHAT YOU SHOULD DO

Acclimate

Give workers time to adjust, especially at the beginning of the hot season – the first four to ten days are the worst and during heat waves.

- Limit work in the heat to a couple of hours for the first four to ten days
- Increase the time gradually
- Work during cooler hours

Instruct employees to report any sign of illness to their supervisor.

Water

Encourage employees to avoid caffeine, alcohol, and soda. Provide plenty of cool, drinkable water. The standard requires at least four cups of water per hour per employee. You should encourage employees to start drinking at the beginning of the shift and periodically during the shift.

Preventative Recovery Period

Provide cool, shady areas for workers to give them relief from the sun. You must allow rest breaks for employees whenever they need it for at least five minutes in a cool, shady area. Tell employees they need to get out of the sun immediately if they begin to feel ill.

MEDICAL ATTENTION

Employees and supervisors should know the signs and symptoms of heat illness. Heat illness can start with a headache, muscle cramps, and unusual fatigue. Heat illness can come on suddenly and quickly become a life-threatening condition. Tell employees if they start to feel sick at any time while working outdoors, they should get out of the heat immediately and report it to their supervisor.

It is important for employees to watch out for each other and to use a buddy system. Someone suffering from heat illness may not recognize the symptoms. If employees notice signs of heat illness in a coworker, they should get the person out of the sun immediately and notify a supervisor. **Get emergency medical assistance immediately. Call 911.**

Signs of serious heat illness include:

- Unusual behavior
- Nausea/vomiting
- Weakness
- Rapid pulse
- Excessive sweating or hot dry skin
- Seizures
- Fainting or loss of consciousness

Detailed information regarding heat illness prevention can be found at www.dir.ca.gov/DOSH/HeatIllnessInfo.html. If you have any questions, please contact Jane Hayes at jhayes@brsrisk.com.