



# ATU Bulletin

## SAFETY NEWS - HEAT STRESS

### HEALTH RISKS

- **Heat stroke** is life-threatening. Your body can no longer cool itself. You may have hot, dry skin, experience confusion, convulsions, or loss of consciousness. **Heat stroke can kill. If you or a coworker experience symptoms, call 911 and get emergency medical help!**
- **Heat exhaustion** develops when your body has lost too much fluid. Signs of heat exhaustion include damp, flushed skin, feeling tired, nauseous, headachy, or giddy.
- **Heat cramps** occur when salt your body loses from sweating isn't replaced. They affect the muscles you use most and can set in after you've left work.
- **Heat rash** occurs when sweat can't evaporate from your skin. It can make work activities difficult to perform.

### A SAFE WORKPLACE IS YOUR RIGHT!

To protect workers from heat stress, employers can:

- Provide **clean water** in convenient locations at all work areas.
- Schedule frequent **rest and water breaks**.
- **Reduce work demands** or scheduling heavy labor for cooler times.
- Ensure adequate **air circulation** in work areas (e.g. ventilation).
- Provide adequate and immediate **medical response** in the event of heat stress.

### SEE OSHA/NIOSH/NOAA WEBSITES

**DON'T "TOUGH IT OUT"...**  
A SUPERVISOR (OR COWORKER) **MUST** TAKE YOU TO A COOLER AREA IMMEDIATELY IF YOU FEEL FAINT, DIZZY OR CONFUSED...  
**IT IS A MEDICAL EMERGENCY!**

#### Additional Resources:

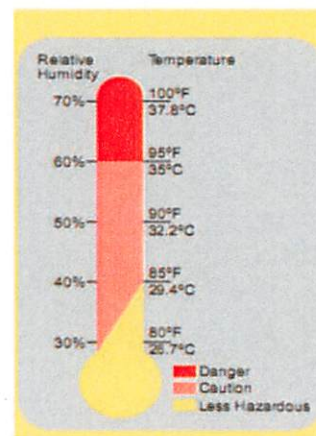
[Water, Rest, Shade](#): OSHA's Campaign to Prevent Heat Illness in Outdoor Workers

[Protecting Workers from Heat Illness](#): OSHA/NIOSH Info sheet

[Heat: A Major Killer](#): National Oceanic and Atmospheric Administration

### Fluid Replacement Guidelines for Warm Weather Training

HEAT CATEGORY	WBGT INDEX DEGREES F	EASY WORK		MODERATE WORK		HARD WORK	
		WORK/REST MIN	WATER INTAKE QT/HR	WORK/REST MIN	WATER INTAKE QT/HR	WORK/REST MIN	WATER INTAKE QT/HR
1	78-81.9	NL	1/2	NL	3/4	40/20	3/4
2 (GREEN)	82-84.9	NL	1/2	50/10	3/4	30/30	1
3 (YELLOW)	85-87.9	NL	3/4	40/20	3/4	30/30	1
4 (RED)	88-89.9	NL	3/4	30/30	3/4	20/40	1
5 (BLACK)	> 90	50/10	1	20/40	1	10/50	1



Take breaks and be alert to signs of heat stress when > 85°F. Implement all precautions when ≥95°F – the **DANGER ZONE** for heat exhaustion and stroke.