

# Heat Stress

## What is Heat Stress?

Heat stress is an illness (Heat Stroke, Heat Exhaustion, Heat Cramps, Heat Rashes, and Heat Fatigue) caused when exposure to heat causes a person's core temperature to increase to over 100.4°F (38°C).



## How can Heat Stress be prevented?

- Acclimatization – Exposure to hot environments for progressively longer periods of time.
- Replace fluids – Cool fluids, 1 cup every 20 minutes. Avoid caffeine and alcohol.
- Reduce physical demands with breaks (in air conditioned areas if possible) and pacing.
- Perform hot jobs in the coolest part of the day.
- Monitor yourself and coworkers for signs of heat stress (Dizziness, Confusion, Loss of coordination, Increased temperature, Coma, Seizures, Excessive sweating or hot, dry skin, Headache, Rapid heartbeat, Weakness, Fatigue, Irritability, Nausea, Vomiting, Fast/Shallow breathing, Muscle cramps, pain, or spasms).
- PPE – Reflective clothing, Cooling ice vests, Wetted clothing, Water-cooled garments.

## What should you do if you or someone else is suffering from heat stress?

- Stop all activity, and sit in a cool place.
- Drink plenty of water or other cool beverages.
- For Cramps:
  - Drink clear juice or a sports beverage, or drink water with food.
  - Do not return to strenuous work for a few hours after symptoms subside.
  - Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.
- For Exhaustion:
  - Take a cool shower, bath, or sponge bath.
- For Heat Stroke:
  - Request immediate medical assistance.
  - Move the worker to a cool, shaded area.
  - Remove excess clothing and apply cool water to their body.

### Heat Stress Index

click here for (F°)		RELATIVE HUMIDITY (%)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
T E M P E R A T U R E (C°)	27	27	27	27	27	28	28	28	29	29	29	30	30	31
	28	28	28	28	29	29	29	30	31	32	32	33	34	35
	29	29	29	29	30	31	32	32	33	34	36	37	38	39
	30	30	31	31	32	33	34	35	36	38	39	41	42	44
	31	31	32	33	34	35	37	38	39	41	43	45	47	49
	32	33	33	35	36	38	39	41	43	45	47	50	53	56
	33	34	36	37	38	41	42	44	47	49	52	55	58	
	34	36	38	39	41	43	46	48	51	54	57			
	36	38	40	42	44	47	49	52	56					
	37	41	43	45	47	51	53	57						
	38	43	46	48	51	54								
	39	46	48	51	54									
	40	48	51	55										
	41	51	54											
42	54													
43	58													

Caution	Extreme Caution	Danger	Extreme Danger
Fatigue possible	Sunstroke, muscle cramps, and/or heat exhaustion possible	Sunstroke, muscle cramps, and/or heat exhaustion likely	Heat stroke or sunstroke likely