

HEAT STRESS

1. Task

To prevent the exposure of workers to heat stress.

2. Hazards

Illness or possible fatality due to excessive heat.

3. Controls

Pre-Job Safety Assessment (PSA). Worker training, access to shade, adequate potable water, regular breaks, protective clothing. Wear light, loose clothing that permits the evaporation of sweat. Construction operations involving heavy physical work in hot, humid environments can put considerable heat stress on workers. Hot and humid conditions can occur indoors as well as outdoors.

Refer to Heat Stress Response Chart as a guideline for managing work activities in hot and humid conditions.

Heat stress disorders range from minor discomforts to life-threatening conditions.

- ❖ Heat Rash
- ❖ Heat Cramps
- ❖ Heat Exhaustion
- ❖ Heat Stroke

Heat Rash Treatment:

- ❖ Cool environment, cool shower, thorough drying.
- ❖ In most cases heat rash disappear a few days after heat exposure ceases. If the rash is not cleaned frequently enough the rash may become infected.

Heat Cramp Treatment:

- ❖ Stretch and massage muscles; replace salt by drinking commercially available carbohydrate or electrolyte replacement fluids.

Heat Exhaustion:

- ❖ Signs and Symptoms of Heat Exhaustion:
 - ❖ Weakness;
 - ❖ Difficulty continuing working;
 - ❖ Breathlessness;
 - ❖ Nausea or vomiting;
 - ❖ Feeling faint or fainting.
- ❖ It takes 30 minutes at least to cool body down once a worker suffers from heat exhaustion. If not treated properly, heat exhaustion can lead to heat stroke - a medical emergency.

Heat Exhaustion Treatment:

- ❖ Help the worker to cool off by:
 - ❖ Resting in a cool place, bring into site trailer air conditioned if possible;
 - ❖ Drinking cool water;
 - ❖ Removing unnecessary clothing;
 - ❖ Loosening clothing;
 - ❖ Showering or sponging with cool water;
 - ❖ Call 911.