



# Reducing the Risk of Heat Illness

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# What's the big deal?

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**Fact: Heat illness can kill**







# How Does Heat Illness Happen?

- Dehydrated
- Not acclimated
- Poor health
- Prior heat illnesses



# Heat Illnesses

Types of heat illness include:

- Heat cramps
- Heat exhaustion
- Heat stroke





# Prevention: The best medicine

**Your best defenses against the heat are:**

- Shade
- Water
- Acclimation
- Proper Clothing
- Don't wait



# Heat Cramps – Symptoms

- Spasms
- Heavy sweating
- Can be painful



# Heat Cramps – Prevention / First Aid

## PREVENTION

- Shade
- Water / Electrolytes
- Acclimation
- Proper Clothing
- Don't Wait

## FIRST AID

- Apply pressure on the effected muscle
- Drink water or drinks with electrolytes
- Contact your supervisor immediately







## Heat Exhaustion – Symptoms

- System is overworked
- Extreme weakness or fatigue
- Nausea
- Heavy sweating
- Still conscious





# Heat Exhaustion – Prevention / First Aid

## PREVENTION

- Shade
- Water / Electrolytes
- Acclimation
- Proper Clothing
- Don't Wait

## FIRST AID

- Contact your supervisor immediately
- Move to a cool location

# Heat Stroke - Symptoms

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- No Sweating
- Can be mistaken as a heart attack
- Body's core is hot to the touch
- Flushed skin
- Nausea or vomiting, dizziness
- Seizures or convulsions





# Heat Stroke – Prevention / First Aid

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## PREVENTION

- Shade
- Water / Electrolytes
- Acclimation
- Proper Clothing
- Don't Wait

## FIRST AID

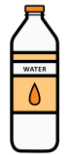
- Call 911 and contact a supervisor immediately
- Lower their temperature
- Move to a cool location
- Fan them / Wet cloths
- Electrolytes and water



# Do's and Don'ts



Drinking water & know the nearest First Aid location



Choose water and/or electrolytes



Not alcohol



Know how to call for help-  
Does your cell phone work in the location?



Light-colored, lightweight clothing-long sleeves protect you from the heat of the sun



Keep track of your coworkers. Use the buddy system.



Notify your supervisor



# Prevention: Do's and Don'ts

- If you are new to working in the heat, start slowly, take frequent breaks in the shade
- Get your doctor's advice if you know you have risk factors for heat illness, such as:
  - illnesses, like diabetes
  - taking medications or over-the-counter drugs
  - being on a low-salt diet



## In Summary

If you are working in hot weather conditions:

- Know the signs/symptoms of heat illnesses
- Take breaks in shade
- Drink plenty of fluids
- Avoid alcohol or caffeine
- Fresh, cool drinking water
- 95°F or higher, consider cool-down periods
- Train staff



# Questions?

**For more information about preventing heat illness or other safety concerns, consult with your Safety Officer or supervisor!**

