PREVENT HEAT STRESS:
STAY COOL AND HYDRATED

Get Acclimated

- New or returning workers need to adapt their body to the heat slowly over time
- Those not used to the heat should work two hours on the first day, then increase work by two additional hours each day, if possible
- May vary by length of the workday

Week	Day 1	Day 2	Day 3	Day 4	Day 5
New Work in the Heat Add 2 hours each day.	2 hrs	4 hrs	6 hrs	8 hrs	10 hrs

Water

- Come to work hydrated
- Drink at least one 8-ounce cup of cool, fresh water every 15 minutes during your workday
- Do not wait until you are thirsty to drink water
- Sip, don't guzzle
- Avoid alcohol and drinks with a lot of sugar or caffeine

Rest

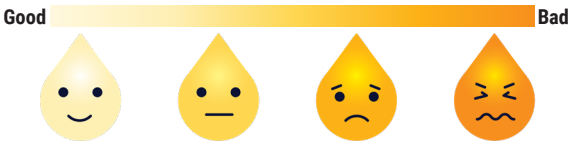
- Take frequent rest breaks to help cool down
- More rest breaks are recommended for new and returning workers
- Remove personal protective equipment during breaks

Shade/Cooling

- Take rest breaks in shade or a cooler area with A/C or fans to cool down faster

Monitor Yourself

- Watch for signs and symptoms of heat-related illness
- Be aware of urine color to track dehydration



In case of emergency call 911

STAY INFORMED!

Sign up for heat health alerts from the NCDHHS Heat Health Alert System and take extra care when there is a heat health alert.

Go to dph.ncdhhs.gov/nc-heat-health-alert-system or scan the QR code below.

OSHA - Working in Indoor and Outdoor Heat Environments
osha.gov/heat-exposure

Prevent Heat Illness at Work
osha.gov/sites/default/files/publications/3431_wksiteposter_en.pdf

CDC – Heat Stress and Workers
cdc.gov/niosh/heat-stress/about/index.html

Farmworker Advocacy Network
ncfan.org/

Farmworker Health Clinic Map
ncfhp.ncdhhs.gov/farmworker-health-clinic-map/

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

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RECOGNIZE AND PREVENT HEAT-RELATED ILLNESS

Protecting Workers in Outdoor and Indoor Heat Environments



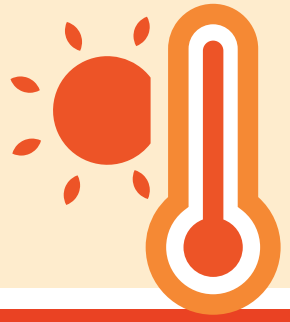
KNOW THE RISKS

Heat illness can be a dangerous effect of heat exposure in the workplace. Anyone can be impacted by heat illness, but certain factors can increase risk:

- Pre-existing conditions such as heart disease and high blood pressure
- Certain medications – check with your medical provider
- Previous episode of heat-related illness
- Low physical fitness
- Heavy workload
- Not drinking enough water
- Working near hot machinery or in direct sun
- Insufficient cooling or ventilation/airflow
- Not enough rest breaks
- High temperatures/humidity
- Wearing dark, layered clothing

KEEP AN EYE ON COWORKERS

- Watch out for others. Particularly those who are older, have suffered heat- related illness previously, or are new to working in a hot environment
- Encourage others to drink water and stay hydrated
- Know the signs and symptoms of heat-related illness and call 911 if there is an emergency
- If you're an employer or supervisor, provide mandatory cool-down breaks for employees



RECOGNIZE THE SIGNS AND SYMPTOMS

Heat Stroke

- **Hot, dry skin**
- **Confusion**
- **Loss of consciousness**
- **Fast, strong pulse**
- **High body temperature**



Heat Exhaustion

- **Heavy sweating**
- **Nausea**
- **Dizziness**
- **Headache**
- **Fast, weak pulse**
- **Thirst**
- **Irritability**
- **Weakness**



RESPOND

Heat Stroke

- **CALL 911 IMMEDIATELY!**
- **Move victim to a cooler, shaded area**
- **Remove outer clothing**
- **Cool the body with wet cloths or ice packs under arms, around neck and groin**
- **Fan forcefully**



Heat Exhaustion

- **Move to a cooler, shaded place**
- **Loosen or remove layers of clothing**
- **Drink sips of water**
- **Place cold wet cloths on body and change frequently to keep cool**
- **SEEK MEDICAL ATTENTION**

