Thousands of workers become sick every year from overexposure to heat. Some workers have even died from heat-related illnesses.

To protect yourself and your coworkers, it is important that you can recognize the symptoms of heat-related illnesses.

**RISK FACTORS FOR HEAT-RELATED ILLNESSES**

- Environmental Factors:
  - Hot temperature
  - High humidity
  - Sunlight
  - Air movement

- Personal Factors:
  - Low liquid intake
  - Physical labor
  - Clothing
  - Conditioning, acclimation
  - Pre-existing personal conditions

**HEAT-RELATED ILLNESS**

There are four major types of heat-related illnesses:

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

It is important to recognize the different between the symptoms of Heat Exhaustion and Heat Stroke.

**Heat Exhaustion**:
- Headaches, dizziness, or fainting
- Extreme sweating, wet skin
- Irritability, confusion
- Nausea or vomiting

**Heat Stroke**
- Hot, dry, clammy skin
- Elevated body temperature
- Unconsciousness
- Seizures
- Heat Stress is a medical emergency! Call 911 if you witness anyone suffering these symptoms!

**HOW TO CONTROL RISK FACTORS**

- Air Conditioning
- Fans and blowers for Air Movement
- Work/rest regiments
- Providing cool break areas and fluids
- Training on symptoms of heat related illness

**HOW TO PROTECT YOURSELF FROM HEAT-RELATED ILLNESSES**

1. Drink fluids regularly and frequently.
2. Avoid drinking caffeine or other diuretics.
3. Wear natural-fiber fabrics, such as cotton.
4. Avoid wearing synthetic fabrics such as nylon.
5. When working outdoors: cover skin with loose-fitting, light-colored clothes.
6. Avoid wearing hats when working indoors.

**MORE RESOURCES:**

OSHA has a heat safety tool app that allows workers and supervisors to calculate the heat index for their worksite, and, based on the heat index, displays a risk level to outdoor workers. Visit OSHA’s website for more information:

https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html

NIOSH has information on heat stress management in the workplace:

http://www.cdc.gov/niosh/topics/heatstress/

For questions and more information, contact EHS at www.ehs.utk.edu or 974-5084