

Heat Stress

When working in the summer, inside or out, heat stress can happen to anyone. Everybody reacts differently to the heat so it is important to know the facts about heat stress to make sure people are aware of what can happen and how to avoid it. When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death. Heat stress causes a decline in performance, coordination, and alertness.

Some key pieces of advice for workers are:

- Let your body slowly adapt to the heat. Do not overexpose yourself too quickly.
- WATER. REST. SHADE.
- Drink water every 15 minutes, even if you're not thirsty. A person's body can lose up to two quarts of water a day in normal conditions. In extreme heat conditions, a person's body can lose two quarts in an hour!
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Try to schedule the more physically demanding work during cooler times of the day.
- Learn the signs of heat illness and what to do in an emergency.
- Some symptoms can be dizziness, headache, nausea, weakness, breathing problems, chest pains, cramps, excessive sweating, or rapid heartbeat.
- Keep an eye on fellow workers.
- Stop work if control measures are inadequate or unavailable when the risk of heat stress is high.

Heat Index Table													
	Relative Humidity (%)												
Temp °F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	102	106	110	114	119	124	129	135			
92	94	96	99	101	105	108	112	116	121	126	131		
90	91	93	95	97	100	103	106	109	113	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87
With Prolonged Exposure and/or Physical Activity:				Extreme Danger: Heat Stroke or Sunstroke likely				Danger: Sunstroke, muscle cramps, and/or heat exhaustion likely					
				Extreme Caution: Sunstroke, muscle cramps, and/or heat exhaustion possible				Caution: Fatigue possible					

Source: NOAA's National Weather Service