

Things you should know about working in the heat.....



### ACCLIMITIZATION

- If you are coming back to work from an illness or an extended break or you are just starting a job working in the heat, it is important to be aware that you are more vulnerable to heat stress until your body has time to adjust. Let your employer know you are not used to the heat. It takes about 5-7 days for your body to adjust



- Drinking plenty of water frequently is vital to workers exposed to the heat. An individual may produce as much as 2-3 gallons of sweat per day. In order to replenish that fluid, the worker should drink 3 to 4 cups of water every hour starting at the beginning of their shift.

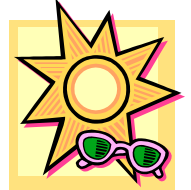
- Taking your breaks in a cool shaded area and allowing time for recovery from the heat during the day are effective ways to avoid heat illness.
- Avoid or limit the use of alcohol and caffeine during periods of extreme heat; both dehydrate the body.
- If you or a co-worker start to feel symptoms such as nausea, dizziness, weakness or unusual fatigue, let your supervisor know and rest in a cool shaded area. If symptoms persist or worsen, seek medical attention.



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### Wear light protective clothing

- Whenever possible, wear clothing that provides protection from the sun but allows airflow to the body
- Protect your head and shade your eyes if working outdoors.
- When working in the heat, be sure to pay extra attention to your co-workers and be sure you know how to call for medical attention.
- When utilizing Emergency Services, call 9-1-1 and be prepared to provide clear directions to the location of the injured worker.



# Cal-OSHA Heat Advisory:

When employees work in hot conditions, employers must take special precautions in order to prevent heat illness. Heat illness can progress to heat stroke and be fatal, especially when emergency treatment is delayed. An effective approach to heat illness is vital to protecting the lives of California Workers.



Information  
provided by  
Cal/OSHA.

For more information, visit the  
Cal/OSHA website at

[www.dir.ca.gov](http://www.dir.ca.gov)

## WHAT TO LOOK FOR: HEAT EXHAUSTION AND HEATSTROKE

### Causes:

- Occurs when the body no longer can dissipate heat adequately
- Dehydration
- Over exercise
- Extreme environmental conditions

### HEAT EXHAUSTION

#### Symptoms

- Weak/exhausted
- Paleness cool/moist skin
- Dizziness
- Nausea
- Vomiting
- Fainting
- Temperature (100 to 102 ° F)

#### Treatment

- Rest
- Water/Gatorade at 50%
- Ice packs
- Cool environment
- Vomiting indicates sever exhaustion and IV fluids are required. Call 9-1-1 if the person vomits.

### HEATSTROKE

#### Symptoms

- Warm
- Flushed skin
- Do not sweat even after brisk exercise
- Temperature (103 °F and up)
- Delirious, unconscious, or having seizures

#### Treatment

- Call 9-1-1
- Do anything you can to reduce the temperature - Ice packs, water buckets

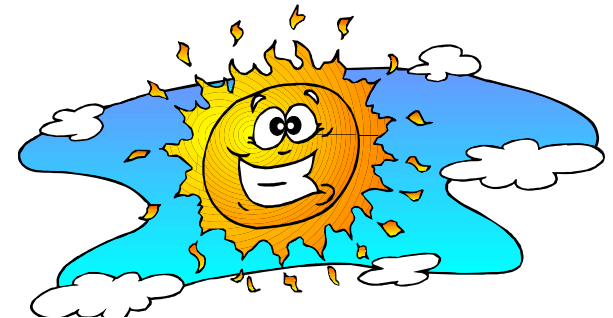
Report all heat related injury and illness to your Supervisor and complete an Injury/Illness Report Form.  
Seek immediate medical attention

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## Heat Illness Prevention

### Guidelines for Workers



Awareness of heat  
illness symptoms  
can save your life or  
the life of a co-  
worker.

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