

Heat Illness

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It is important that you remain alert to the signs of heat illness in yourself and in your co-workers. If signs heat illness develop, move the victim to a cool place and cool him/her off as quickly as possible. If you have any reason to suspect that the person may be suffering from heat stroke, call for medical help immediately.

OSHA-NIOSH Heat Safety Tool

By Centers For Disease Control and Prevention

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Description

Take precautions against outdoor heat while at work with the OSHA-NIOSH Heat Safety Tool. Featuring real-time heat index and hourly forecasts, specific to your location, as well as occupational safety and health recommendations from OSHA and NIOSH. The OSHA-NIOSH Heat Safety Tool is a useful resource for planning

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iPhone Screenshots



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Heat Illnesses are interrelated and include some degree of elevated body temperature which may be complicated by deficits of body water. Heat illnesses include heat stroke, heat syncope (fainting), heat exhaustion, heat cramps, hyponatremia (low blood sodium), heat rash, rhabdomyolysis (protein release into blood; can cause kidney damage), and other similar type issues.

Critical Elements of a Heat-Related Illness Prevention Program

- **Acclimatization Program-** Get used to working in the heat gradually. NIOSH recommends gradually acclimating the worker to his/her new environment by increasing exposure time each day over a 7-14 day period.
- **Training Program-** Ensures supervisors and workers are prepared to work safely in hot environments. Employees shall be trained on acclimatizing, proper hydration, recognition and reporting of heat injuries, heat-related first aid, etc.
- **Heat Alert Program-** program intended to prepare workforce for upcoming inclement weather seasons. Areas with warmer climates shall establish a cross functional Heat Alert Working Group.
- **Medical Surveillance Program-** Supervisors will track workers exposed above American Conference of Governmental Industrial Hygienists, ACGIH action limit in a hot environment.

Tips for Preventing Heat Illness

- Acclimatize
- Drink water often to avoid dehydration
- Take frequent rest breaks in cooler areas or conduct lighter work
- Dress lightly in layers

For more information on this topic refer to DAFI 48-151, <http://www.osha.gov/SLTC/heatillness/index.html>, and search OSHA-NIOSH Heat Safety Tool in your App Store or Google Play Store.

