



RISK REMINDER

June 2022

Name: _____ Company: _____

Preventing Heat Illnesses

Researchers found that injuries increased 6% to 9% on days when the temperature topped 90° F, compared with days when the thermometer read 50-69° F. When the temperatures hit triple digits, the injury risk increased 10% to 15%. In the United States, there were 43 heat related deaths and over 2,400 serious injuries and illnesses related to heat illness in 2019. Heat illness is preventable and commonly underreported. MTRMA encourages members to implement intervention methods on heat priority days proactively.

In April 2022, OSHA has launched a National Emphasis Program as part of a multipronged effort to protect workers from outdoor and indoor heat exposure. Additional information can be found at <https://www.osha.gov/heat>.

Common heat related symptoms are:

- feeling faint or dizzy
- excessive sweating or stop sweating
- cool, pale, clammy skin
- nausea or vomiting
- rapid or weak pulse
- muscle cramps
- loss of consciousness



Actions to prevent heat-related illnesses include:

- Drink water every 15 minutes.
- Wear light-colored or evaporative material clothing/products to cool the body.
- Monitor workers for symptoms of heat-related illnesses.
- Take rest breaks in shaded or cool areas.

While not all work environments are the same, being pro-active will reduce injuries from happening.

Questions:

- True or False: Heat exposure relates to outdoor activities only. _____
- True or False: There is need to worry when the temperature 101 degrees or more. _____
- True or False: It's okay to take a rest break in an air conditioned room. _____

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