

HEAT STRESS

AT WORKPLACES

Working in the Heat

The reaction of individual to excessive heat exposure is different from person to person. Physical fitness, hydration state, gender, anthropometric data, age, history of heat illnesses, acclimation, drug use, and alcohol consumption are some of the important parameters that affect the individual response to heat exposure. Proper measures should be taken in order to protect the workers from heat stress-related injuries.

Employers

Provide water

Workers should drink a cup of cool water every 15 to 20 minutes.

Provide shade

Provide a cool, shaded locations for workers to rest and cool off.

Provide acclimation program

Gradually increase the workload to give workers to adjust to working in heat

Provide flexible schedule

When the working area is hot, or workers are exposed to sun light, schedule heavy tasks during shade and cooler temperatures.

Provide training

Train your workers about the heat stress and heat exposure. Educate your workers to recognize the heat stress-related symptoms and seek first aid and medical help.

Drink

a cup of water every 15 to 20 minutes, thirsty or not

Avoid

caffeine and alcohol when you are exposed to heat

Wear

light, loose-fitting, and light colored clothing

Schedule

frequent, short breaks in shaded areas

Communicate

with your co-workers when working in heat

Notify

your employers if you recognize any symptoms

Protect

yourself and co-workers against heat stress

