

ACCIDENT REVIEW STAFF COMMITTEE

SAFETY MATTERS NEWSLETTER

Heat Illness Prevention



June 2022

HEAT-Related Illness and First Aid

Summer has arrived and the **HEAT** that comes with sunny weather is upon us. Remember heat-related illnesses can affect employees who work outside. Some of the symptoms are non-specific, and when an employee is performing physical labor in a warm environment, any unusual symptom can be a sign of overheating.

Heat-Related Illness	Symptoms and Signs
Heat stroke	<ul style="list-style-type: none"> ▪ Confusion ▪ Slurred speech ▪ Unconsciousness ▪ Seizures ▪ Heavy sweating or hot, dry skin ▪ Very high body temperature ▪ Rapid heart rate
Heat exhaustion	<ul style="list-style-type: none"> ▪ Fatigue ▪ Irritability ▪ Thirst ▪ Nausea or vomiting ▪ Dizziness or lightheadedness ▪ Heavy sweating ▪ Elevated body temperature or fast heart rate
Heat cramps	<ul style="list-style-type: none"> ▪ Muscle spasms or pain ▪ Usually in legs, arms, or trunk
Heat syncope	<ul style="list-style-type: none"> ▪ Fainting ▪ Dizziness
Heat rash	<ul style="list-style-type: none"> ▪ Clusters of red bumps on skin ▪ Often appears on neck, upper chest, and skin folds
Rhabdomyolysis (muscle breakdown)	<ul style="list-style-type: none"> ▪ Muscle pain ▪ Dark urine or reduced urine output ▪ Weakness

COMMITTEE MEMBERS:

DC Christi Malec (Chair) - Fire
 Maj. Justin Rutland (Dep. Chair) - Police
 Grace Brown (Secretary) - HR
 Les Wilson - BLW
 Kelsey Thompson-White - Dev. Services
 Beth Keller - Finance
 Howard Satterfield - Facilities
 Leroy Jones - Public Works



Contact information:

C/o Grace Brown
 Human Resources & Risk Management
 Department
 (770) 794-5558
 gbrown@marietta.gov

Hydrate for Your Safety

Drinking enough fluids is one of the most important things you can do to prevent heat illness.

- Hydrate before, during, and after work.
- Drink 1 cup of cool water every 20 minutes - even if you aren't thirsty! Water is generally sufficient for short jobs. For longer jobs, drink an electrolyte-containing beverage.
- Avoid energy drinks and alcohol.
- Your work performance may suffer when you are dehydrated, even if you don't notice.



[osha.gov/heat](https://www.osha.gov/heat)





HEAT-Related Illness and First Aid

Employers and workers should become familiar with these heat symptoms. When any of these symptoms is present, promptly provide first aid. Do not try to diagnose which illness is occurring. Diagnosis is often difficult because symptoms of multiple heat-related illnesses can occur together. Time is of the essence. These conditions can worsen quickly and result in fatalities. When in doubt, cool the worker and call 911.

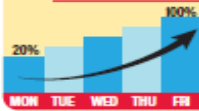


Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1 >> **CALL 911 IMMEDIATELY**
- 2 >> **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**
- 3 >> **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output



Take these actions:

- >> Give water to drink
- >> Remove unnecessary clothing
- >> Move to a cooler area
- >> Cool with water, ice, or a fan
- >> Do not leave alone
- >> Seek medical care if needed



OSHA Occupational Safety and Health Administration

For more information: 1-800-321-OSHA (6742)

TTY 1-877-889-5627 www.osha.gov/heat

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.