Heat Stress is a major physical hazard on any jobsite and can occur without warning. It can cause mild problems such as heat rash and muscle cramps, and severe problems such as heat exhaustion and heat stroke. Several factors contribute to heat stress, including:

- Environmental Conditions (e.g., air temperature, humidity, wind, etc.)
- Worker Clothing and Personal Protective Equipment (PPE)
- Workload and Rate
- Worker Susceptibility
- Worker Acclimation or “lack thereof”

### Signs and Symptoms of Heat Stress

<table>
<thead>
<tr>
<th>Types</th>
<th>Cause</th>
<th>Signs/Symptoms</th>
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<tbody>
<tr>
<td>Heat rash</td>
<td>• Heavy sweating, sweat not removed by skin evaporation</td>
<td>• Redness on skin</td>
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<td>• Blisters or a rash</td>
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<td>Heat cramps</td>
<td>• Heavy sweating with inadequate electrolyte replacement</td>
<td>• Muscle spasms.</td>
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<td>• Pain in hands, feet, and abdomen.</td>
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<td>Heat exhaustion</td>
<td>• Increased stress on various body organs and the circulation system</td>
<td>• Dizziness, nausea</td>
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<td>• Caused by the inability of the heart to work properly and/or</td>
<td>• Normal to low temperature</td>
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<td>dehydration</td>
<td>• Heavy sweating</td>
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<td></td>
<td>• Pale, cool, moist skin</td>
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<td></td>
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<td>• Rapid pulse and breathing</td>
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<td>• Fainting</td>
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<td>Heat stroke</td>
<td>• Heat stroke is the most serious from of heat stress</td>
<td>• Dizziness, confusion, nausea, high fever</td>
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<td>(This is considered</td>
<td>• Temperature regulation fails</td>
<td>• Little or no sweating</td>
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<td>a medical emergency)</td>
<td>• Body temperature rises to critical levels, as high as 108° F</td>
<td>• Red, hot, usually dry skin</td>
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<td>• The body must be cooled before serious injury or death occurs</td>
<td>• Strong rapid pulse</td>
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<td>• Competent medical help must be obtained</td>
<td>• Convulsions</td>
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<td>• Coma</td>
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<td>• Death</td>
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</table>

### Prevention (Workers):

- Drink 1.5 gallons of fluids during the day, even if not thirsty
- Maintain good physical fitness
- Recognize the signs and symptoms of heat stress
- Monitor your pulse, temperature, and weight
- Check with doctor if chronic health problems exist, or if medication is being taken
- Adhere to company policies, procedures, and best practices related to heat stress

If you experience any signs or symptoms of heat stress while working, you should stop work immediately and notify your supervisor, or another appropriate person. If a co-worker shows or complains of heat stress symptoms, notify the appropriate person immediately.
**TOPIC:** **Heat Stress**

Foreman: ______________________________________________________________________________________________

Project: ______________________________________________________________________________________________

Date: ________________________________________________________________________________________________

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**Meeting Attendance:** Please print your name, attach additional sheets if needed.

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