

# Heart Safety in Extreme Heat

Knowing what to do in an emergency can save a coworker's life



## Warm weather can stress the heart

Warm weather puts additional stress on your heart by pumping harder and beating faster, which can become a medical emergency if not prevented or treated.

**Every minute counts.** Emergency preparedness is critical to a workplace safety and health program.



## Watch for signs of heat stroke

**Confusion**

**Feeling faint or fatigued**

**Dizziness**

**Nausea or vomiting**

**Muscle cramps**

**Seizure**

### Take action immediately!

- ✓ Call 911
- ✓ Move the person to a cooler or shaded area
- ✓ Limit their physical activity
- ✓ Remove their excess clothing
- ✓ Cool the worker right away with water or ice
- ✓ Begin Hands-Only CPR if they are not breathing. If you have an OSHA card or are CPR trained, conduct conventional CPR.



## Know Hands-Only CPR

If a worker is unresponsive and not breathing normally, **2 Steps** can save a life:

**Step 1.** Ask someone to call 911 or emergency services. If you are alone, call first.

**Step 2.** Perform Hands-Only CPR. Here's how:



Ask someone else to get an AED, if available.



Ensure the person is on their back on a flat surface. Kneel beside the person.



Place your hands one on top of the other and interlock your fingers.



Push hard and fast in the center of the chest at 100 to 120 compressions per minute. If still unconscious, follow the instructions to use an AED.



Scan to learn more about Hands-Only CPR

[osha.gov/safeandsound](https://osha.gov/safeandsound)

