

Heat at Work: Key Takeaways

Heat Exposure



Heat-related workplace injuries are underreported and on the rise. Heat exposure leads to productivity declines and health and safety risks to workers.

Productivity Declines

- Decreased physical work capacity
- Increased lost work time
- Reduced quality of work
- Lost wages
- Increased medical costs

Health and Safety Risks

- Heat illness
- Cardiac events
- Kidney injury and disease
- Cognitive and motor dysfunction
- Chronic fatigue

Heat Exhaustion		Heat Stroke	
ACT FAST <ul style="list-style-type: none">■ Move to a cooler area■ Loosen clothing■ Sip cool water■ Seek medical help if symptoms don't improve	 <ul style="list-style-type: none">DizzinessThirstHeavy SweatingNauseaWeakness	 <ul style="list-style-type: none">ConfusionDizzinessBecomes Unconscious	ACT FAST CALL 911 <ul style="list-style-type: none">■ Move person to a cooler area■ Loosen clothing and remove extra layers■ Cool with water or ice
Heat exhaustion can lead to heat stroke.		Heat stroke can cause death or permanent disability if emergency treatment is not given.	

<https://www.weather.gov/safety/heat-illness>

Heat Stress Prevention

Having a written heat stress prevention and management plan protects worker health and safety.

Elements of the plan include:

- Heat hygiene (education)
- Hydration
- **Acclimatization (readiness/fit for duty)**
- Environmental/Physiological monitoring
- Core body cooling
- Personal protective clothing/equipment
- Emergency procedures

Acclimatization

Preparing workers for heat exposure through repeated bouts of physical activity in hot environments, inducing physiological adaptations that reduce strain and improving thermal tolerance.



When working in hot conditions, remember RESHAPE...



R

Rest



E

Education



S

Shade &
Body Cooling



H

Hydration



A

Acclimatization



P

Plan &
Procedures



E

Environmental
Monitoring

Additional Resources

[Protect Your Workers from Heat Stress](#) - The Centers for Disease Control and Prevention

[Protecting Workers from Heat Illness](#) - Occupational Safety and Health Administration

[Outdoor Heat Exposure: Accident Prevention Plan](#) - Washington State Dept. of Labor & Industries