

## **Heat Exposure**

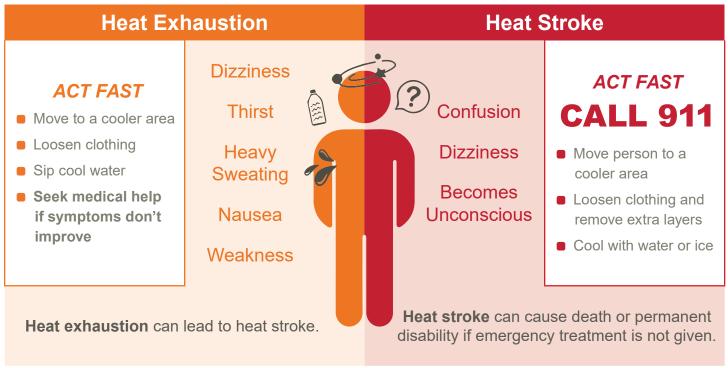
Heat-related workplace injuries are underreported and on the rise. Heat exposure leads to productivity declines and health and safety risks to workers.

#### **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



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...





Rest



Е

Education



S

Shade & Body Cooling



Н

Hydration



A

Acclimatization



P

Plan & Procedures



Environmental Monitoring

## **Additional Resources**

<u>Protect Your Workers from Heat Stress</u> - The Centers for Disease Control and Prevention <u>Protecting Workers from Heat Illness</u> - Occupational Safety and Health Administration <u>Outdoor Heat Exposure: Accident Prevention Plan</u> - Washington State Dept. of Labor & Industries

