



Heat Illness Prevention Tailgate Talk

Slide 1 – Heat Illness Prevention

- This tailgate talk will help you put heat safety into practice while working outdoors to reduce the risk of heat illnesses such as heat rash, heat exhaustion, and heat stroke.



Outdoor Heat Illness Prevention Tailgate Talk

Slide 2 – Heat Illness Overview

- There are about 120,000 work injuries due to high heat in the U.S. and that number is expected to increase to almost 450,000 by the year 2050.
- Heat illness can be caused by exertion, like high physical labor, and heat generating conditions like high air temperature, humidity, and direct sun exposure.
- It can be made worse by non-breathable clothing or not enough water, rest periods, and cooling conditions.
- The five types of heat illnesses to watch out for are heat rash, heat cramps, heat syncope/fainting, heat exhaustion, and heat stroke.

Heat Illness Overview

- There are about 120,000 work injuries due to high heat in the U.S. each year.
- Heat illness can be caused by exertion and heat conditions like high temperatures, humidity, and direct sun exposure.
- It can be made worse by non-breathable clothing, or not enough water, rest and shade.
- There are 5 main types of heat illnesses:
 - Heat rash, exercise-induced muscle cramps, heat syncope/fainting, heat exhaustion, and heat stroke.



Slide 3 – Recognize

- Here are the signs of heat illness:
- A heat rash often appears as clusters of red bumps, often on the neck, upper chest, or in the folds of skin.
- Exercise-induced muscle cramps are muscle spasms that are forceful and painful, often in the legs.
- Heat syncope or fainting is marked by dizziness, weakness, decreased or weak pulse, tunnel vision, pale or sweaty skin, and loss of consciousness.
- Heat exhaustion includes many of the same symptoms as heat syncope.
- Signs of heat stroke are confusion, altered consciousness, bizarre behavior, staggering, irritative or combative behavior, fainting, and seizures.

Recognize

- **Heat Rash**
 - Clusters of red bumps often on the neck, upper chest, or in the folds of skin
- **Exercise-Induced Muscle Cramps**
 - Muscle spasms that are forceful and painful (often in the legs)
- **Heat Syncope/Fainting**
 - Fainting, dizziness, weakness, decreased or weak pulse, tunnel vision, pale or sweaty skin, and loss of consciousness
- **Heat Exhaustion**
 - Fainting, dizziness, vomiting, decreased or weak pulse, tunnel vision, pale or sweaty skin, and loss of consciousness
- **Heat Stroke**
 - Confusion, altered consciousness, bizarre behavior, staggering, irritative or combative behavior, fainting, and seizures



Slide 4 – Respond

- Heat illness symptoms can worsen quickly. Being familiar with how to treat them will allow you to respond quickly.
- For heat rash, stay in a cool, dry place, keep the rash dry, and use baby powder to soothe the rash.
- When experiencing muscle cramps, rest in a cool, shaded area, stretch the affected muscle, and hydrate with water or beverages with electrolytes.
- For heat syncope or fainting, move the person to a shaded area, sit or lie them down, elevate the legs, and rehydrate.
- For heat exhaustion, move the person to a shaded area, sit or lie them down, give them water to drink, and cool them with ice packs, air condition, or a fan. Call for help if needed.
- Heat stroke is a medical emergency. Call 911 immediately. While waiting, cool the body with an ice bath using a tub or a tarp. Or use ice cold towels or cold compresses to cover the body. Do not leave a person with heat stroke alone.

Respond

- **Heat Rash**

- Stay in a cool, dry place
- Keep the rash dry
- Use baby powder to soothe the rash

- **Exercise-Induced Muscle Cramps**

- Rest in a cool, shaded area
- Stretch the affected muscle
- Hydrate with water or beverages with electrolytes

- **Heat Syncope/Fainting**

- Move the person to a shaded area
- Sit or lie them down
- Elevate the legs
- Rehydrate with water or a sports beverage

- **Heat Exhaustion**

- Move the person to a cool, shaded area
- Hydrate with water or other beverages with electrolytes
- Cool the person with ice packs, air conditioning, or a fan
- Call for help if needed

- **Heat Stroke**

- Call 911 immediately!
- Cool the whole body with cold water and ice immersion using a tub or a tarp
- Use ice cold towels or cold compresses to cover the body
- Do not leave a person with heat stroke alone



Slide 5 – Risk Factors

- Anyone can be affected by extreme heat, but several personal factors can increase a person's vulnerability to heat.
- Pregnancy naturally increases the body's temperature and adds excess weight, which can lead to quicker heat exhaustion.
- People who are 60 and older do not adjust as quickly to changes in heat and are more likely to have health conditions that affect the body's ability to react to heat.
- Certain health conditions such as diabetes and obesity and behaviors like alcohol and drug use can increase the risk of heat illness.
- Some medications make it harder to regulate body temperature and may increase the risk of dehydration.
- Abrupt exposure to heat can increase the risk of heat illness for new or returning employees. Make sure to gradually increase exposure over a 7- to-14-day period.

Risk Factors



Pregnancy



Age



Medications



**Health
Conditions**



**Acclimatization
Status**

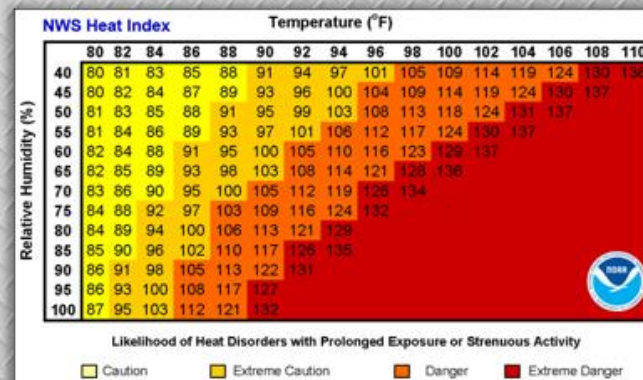
Anyone can be affected by extreme heat, but personal factors, such as these, can increase the likelihood of heat illness

Slide 6 – The Heat Index

- The Heat Index is a measure of how hot it really is when you take humidity into account.
- It is not an absolute measure, but it can be used as a tool to easily identify the level of heat exposure at your workplace.
- You can access the Heat Index in real time on some local news websites, weather apps, or by using the OSHA Health Safety Tool app on your smartphone.
- Keep in mind that full sun exposure can increase heat index values by up to 15 degrees.

The Heat Index

- Check the Heat Index every day
- Take precautions when temperatures are over 80°F and extra precautions over 90°F.



www.weather.gov/ama/heatindex

Slide 7 – Tools for Heat Safety

- There are several things you can do to protect yourself from the heat while working outdoors.
- You can wear breathable long-sleeved shirts, use sunscreen, drink water, rest, and use shade.
- Let's talk about each one.



Tools for Heat Safety



Slide 8 – Clothing for Heat

- Clothing is one of the most powerful tools you can use to protect yourself from the sun.
- Avoid wearing shirts that are too dark or heavy in hot weather as they absorb more infrared radiation.
- Instead, choose clothing that keeps you cool and wicks sweat away.
- Wear clothes that cover more skin, like long-sleeved shirts instead of t-shirts, to prevent sunburn and dehydration.
- Use other gear such as hats with a wide-brim or back flap, bandanas, and cooling vests for more protection.

Clothing for Heat

To prevent overheating, choose clothing that is:

- moisture-wicking
- lightweight and breathable
- light-colored
- long-sleeved



Slide 9 – Sunscreen Use

- Wear sunscreen to prevent sunburn.
- Sunburn can affect your body's ability to cool down and make you dehydrated.
- Apply sunscreen to all skin not covered by your clothing.
- Apply a thick coat in the morning.
- Reapply it every two hours or after sweating.
- Don't forget lip balm with SPF for your lips; they can be very sensitive to the sun.
- Use water-resistant sunscreen if you're sweating or get wet on the job.
- And make sunscreen a daily habit.

Sunscreen

- Use SPF 30 or more.
- Find one you like.
- Use lip balm with SPF 15 or higher
- Use water-resistant for sweating.
- Make sunscreen a daily habit!



Slide 10 – Hydration

- Dehydration can contribute to heat illness so it's important to drink water throughout the workday.
- Assess your hydration status by using simple strategies such as your urine color (not too yellow), your thirst (not too dry), or urine frequency (not too often).
- Keep cool water accessible.
- Drink 1 cup of water every 15-20 minutes when heat is high.
- Do not drink more than 6 cups of fluids per hour.
- Replace lost salts and minerals with a beverage that has electrolytes.

Hydration

- Keep cool water accessible.
- Drink 1 cup of water every 15-20 min. when heat is high.
- Avoid energy drinks.
- Do not drink more than 6 cups of fluids per hour.
- Continue to drink water after work to replace fluids lost through sweating



Slide 11 – Rest and Shade

- Take rest breaks to allow yourself time to recover from the heat.
- Use shade canopies on heavy equipment.
- Look for shade around you such as trees or vehicles.
- Or bring portable shade, such as umbrellas or pop-ups, with you when you can.

Rest and Shade

Take rest breaks in a shady or cool place to recover from the heat.

Use shade to keep cool whenever you can.

Types of shade include:

- Equipment attachment
- Dense, leafy tree or vehicles
- Building or bridge
- Umbrella or canopy



Slide 12 – Acknowledgments

- Use rest, shade, and water to keep yourself safe on the job.
- Take precautions during high heat to reduce the risk of heat illness.
- Thank you for your attention.
- Have a sun safe day!

Acknowledgements



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