



WHAT YOU NEED TO KNOW

Did you know that those who work indoors could also face some of the same heat illness hazards as outdoor workers? The temperature inside warehouses, factories, and boiler rooms can often exceed 80 degrees.

In an office setting you may only have a few options to handle the high heat. You can relocate your employees to a cooler area, you can give them the option to work from home, or you can simply let them go home early.

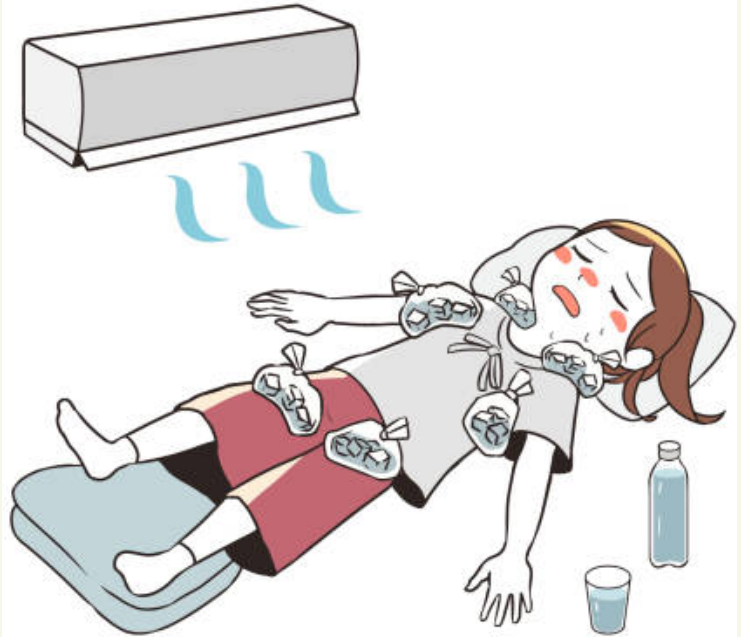


WHAT ARE SOME COMMON HEAT RELATED ILLNESSES

- Heat Rash: Swollen, itchy skin.
- Heat Cramps: Painful muscle cramps, usually in legs or stomach, due to salt loss from sweating.
- Heat Exhaustion: Fatigue, weakness, and dizziness from water and salt loss.
- Heat Stroke: Life-threatening condition when the body temperature reaches 103° F or higher.

Common heat Hazard conditions:

- High air temperatures (80 degrees or above)
- Poor air movement
- Radiant heat sources (like ovens, furnaces)
- Physical labor
- Not enough cool drinking water
- Heavy personal protective equipment (PPE)



WHAT TO DO NEXT

Once you identify these hazards, the next step is to seek engineering control measures to reduce the heat sources:

- Add air conditioning and/or cooling fans.
- Add or increase general ventilation.
- Add local exhaust ventilation to remove heat sources and byproducts.
- Insulate or shield hot equipment, pipes, and structures.
- Repair equipment that leaks heat or steam into the work environment.
- Offer cooling vests or scarves.
- Add tools and equipment that make the work easier and limit physical exertion (pallet jacks, lifting hoists, conveyors, etc.).
- Limit the time a worker spends on a specific task, and rotate work schedules to reduce worker exposure to heat sources.
- Encourage employees to remove personal protective equipment during breaks, as a cooling measure.
- Have plenty of cool drinking water available.