May 2024

**Heat-Related Illness Training**

As temperatures rise, so does the risk of heat illness. This risk is generally the highest for people who work outdoors. Heat illness, is a medical condition that results from the body's inability to cope with heat and cool itself.

**The following are risk factors that will make it difficult to work in the heat or may cause heat-related illness:**

* Environmental Risk Factors:
* Air Temperature;
* Humidity;
* Radiant Heat (coming off of pavement) from sun; and
* Lack of air movement.
* Personal Risk Factors:
* Age;
* Health;
* Not acclimated (not allowing your body to get used to the heat) – *takes about 4 to 14 days;*
* Medications;
* Recovering from illness; and
* Alcohol the day before (hung over).

**Symptoms of heat-related illness:**

* Cramps (dehydration);
* Heat Rash (over-heating);
* Heat Exhaustion:
* Excessive Sweating, weakness or fatigue, rapid heartbeat, dizziness, fast or weak pulse, nausea or vomiting, fainting.
* Heat Stroke:
* High body temperature, hot dry skin, confusion, loss of coordination, severe headache,

vomiting, possible seizures or unconsciousness.

***Response to cramps:***

* *Notify Management immediately;*
* *Take a break inside in a cooler location; and*
* *Drink water.*

***Response to heat rash:***

* *Notify Management immediately;*
* *Take a break inside in a cooler location;*
* *Drink water;*
* *Stay out of the sun; and*
* *Seek medical attention if rash does not get better within a couple of days.*

***Response to heat exhaustion:***

* *Notify Management immediately;*
* *Bring person inside in a cooler location;*
* *Have person sit or lie down;*
* *Take shoes off and any extra clothing if possible;*
* *Apply cool wet rags or ice bags under arm pits, in groin area, behind neck;*
* *Sip cool water;*
* *If vomiting, seek medical attention; and*
* *If unconscious or passes out, call 911 and do not give fluids.*

***Response to heat stroke:***

* *Call 911 immediately – this is a medical emergency;*
* *If person is unconscious, do not move to another location. Try to make comfortable and lay something under person if laying on hot pavement;*
* *Apply ice bags or cool wet rags under arm pits, in groin area, behind neck; and*
* *Do not give fluids.*

**Eat and drink right:**

* Drink water throughout the day.
* It’s ok to drink a sports drink with electrolytes but **not** if it has caffeine and **not** as a substitute for water.
* Eat light and healthy throughout the day.
* **Do not** drink soda, tea with caffeine, coffee with caffeine, sports drinks with caffeine, energy drinks or alcohol.
* **Do not** eat heavy meals.
* **Do not** eat a lot of sugary foods.
* **Do not** eat a lot of salty foods.

**Outside Order Takers:**

* Employees need to drink water frequently when working outside and must have a container of cool water for drinking;
* Employees are to work in a “Buddy” system, observing each other for heat-related illness;
* Employees are to make sure to have the water container refilled if needed when being relieved;
* Employees may take at least a five minute cool-down rest period from the heat when they feel the need to do so;
* Employees are to have an industrial umbrella or canopy for shade when there is no natural shade available at 80 degrees or higher;
* If an employee has symptoms or common signs of heat illness they are to notify their supervisor immediately; and
* Employees are to rotate accordingly per the written Heat-Related Illness Program to prevent heat illness.

**Mascot:**

* The mascot needs to take at least a 5 minute break every 30 minutes with the costume off and have cool water available for drinking;
* The mascot should wear a cold vest during hot weather conditions; and
* The mascot needs to make sure the fan is working properly in the head before using.

***For more detailed information or if you have any questions or concerns, please see Management and/or refer to the written Heat-Related Illness Program.***