HOT WEATHER ADVISORY

Preventing Heat Illness or Heat Stress at Work

What employers should be doing:

* Provide adequate amount of drinking water as much as one quart per worker per hour. Provide EASY access to this water.
* Provide regular rest breaks or rest periods. Rest breaks should be taken in a cool area. Employers should provide rest breaks in accordance with how hot the work environment is, and how heavy the work load. Workers in hotter work environments and with heavier workloads should be provided with more frequent rest breaks.
* Increase the air circulation. Use air conditioning, fans and general ventilation to cool down the work area and cool off workers.
* Train workers and supervisors on the early signs of heat-related illness. If a worker feels sick from the heat, the employer should allow that worker to take a break. Heat-related illnesses can come on very rapidly and can be fatal.
* New workers should not be allowed to work full-time, right away, in a high heat area. It takes about one week for the body to adjust to worker in the heat. If a worker has been off of work for two weeks or more, who had previously been adjusted to work in the heat, then that worker should be treated the same as a new worker who is assigned to work in a high heat area.