

# Sample Heat Emergency Procedures

At \_\_\_\_\_, we recognize that workers will respond to heat based on many factors such as health status, use of personal protective equipment, medications, and the physical demands of a job. When high humidity combines with heat, the potential for heat exhaustion can happen at temperatures as low as 75 degrees F.

**Workers and supervisors are trained to recognize the symptoms of heat exhaustion. These symptoms include:**

- Dizziness
- Weakness
- Nausea
- Headache
- Confusion

**When a worker has symptoms of heat exhaustion:**

- They will be directed to rest in a cool area and to drink water until the symptoms stop.
- Someone must stay with them or check on them regularly to be sure their symptoms do not become worse.

**When conditions are hot, our policy is to consider any loss of consciousness (fainting), or altered mental status (confusion) as potential heat stroke.**

**Heat stroke is a medical emergency for which we ALWAYS call for emergency medical care. The number to call from our facility is:**

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No employee who has fainted, or who has demonstrated signs of mental confusion will be left unattended. Any employee who has fainted or who shows signs of mental confusion during hot conditions will be medically evaluated before they are allowed to go home alone.