Heat Illness Campaign
by
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Wyoming Workers’ Safety OSHA
Heat Illness Prevention Campaign
Heat Illness Prevention Campaign

- Every year, thousands of workers become sick from exposure to heat:
  - In 2011, there were 30 fatalities to heat exposures
- **Who is affected?**
  - Workers exposed to hot and humid conditions are at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions.
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- **What is heat illness?**
  - The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires **immediate** medical attention.
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- How can heat illness be prevented?
  - Remember three simple words: water, rest, shade. Drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness. Employers should include these prevention steps in worksite training and plans.

- Drink Water Often
- Rest in the Shade
- Report heat symptoms early
- Know what to do in an emergency
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- Two primary sources of heat for workers:
  - The environmental conditions in which they work
  - The internal heat generated by physical labor
- Heat-related illness occurs when the body is not able to lose enough heat to balance the heat generated by physical work and external sources
  - Weather conditions are the primary external heat source for outdoor workers.
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- Heat Index
  - Heat index is the single value that takes both temperature and humidity into account.
  - The higher the heat index, the hotter the weather feels, since sweat does not readily evaporate and cool the skin.
  - The heat index is a better measure than air temperature alone for estimating the risk to workers from environmental heat sources.

- OSHA Smartphone Heat App
# Heat Index

<table>
<thead>
<tr>
<th>Heat Index</th>
<th>Risk Level</th>
<th>Protective Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 91°F</td>
<td><strong>Lower (Caution)</strong></td>
<td>Basic heat safety and planning</td>
</tr>
<tr>
<td>91°F to 103°F</td>
<td><strong>Moderate</strong></td>
<td>Implement precautions and heighten awareness</td>
</tr>
<tr>
<td>103°F to 115°F</td>
<td><strong>High</strong></td>
<td>Additional precautions to protect workers</td>
</tr>
<tr>
<td>Greater than 115°F</td>
<td><strong>Very High to Extreme</strong></td>
<td>Triggers even more aggressive protective measures</td>
</tr>
</tbody>
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Worker Safety - Cheyenne (307) 777-7786
Workers’ Safety Home Page - (OSHA) -
www.wyomingworkforce.org
www.osha.gov
Thank You

Any Questions?

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