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## THE **HEAT** IS ON

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## Supervising Safety Newsletter

### When The **Heat** Is On



IPSC strives to make every job as safe as possible. For this to happen, there needs to be a safety plan in place for every job before it is started. While planning and preparing for a job, determine if a hot work permit or a permit for confined space is required. Are the proper tools available for the job? Is additional PPE

needed? How will a hot environment affect the safety of workers on the job?

At IPSC there are times when working in a hot environment is required for long periods of time. The body may be unable to maintain a normal temperature and a heat-related illness can occur and may result in death.

There are different types of heat illness that differ in severity and potential danger.

1. Heat stroke is the most severe and may result in death.
2. Heat exhaustion is the next most serious heat-related illness.
3. Heat cramps are muscle pains caused by physical labor in a hot environment.
4. Heat rash is a common problem in a hot work environment.

Risk Factors for Heat Illness:

- High temperature, humidity, and direct sun exposure.
- No breeze or wind.
- Low liquid intake.
- Heavy physical labor.
- Waterproof clothing.
- No recent exposure to hot workplaces.
- Type of PPE being worn.
- Previous heat-related illness.

While performing required duties, employees need to be aware and look for signs and symptoms of a heat-related illness.

Signs and Symptoms of Heat Exhaustion:

- Headache, dizziness, or fainting.
- Weakness and wet skin.
- Irritability or confusion.

- Thirst, nausea, or vomiting.

Signs and Symptoms of Heat Stroke:

- Confused, unable to think clearly, passing out, collapsing, or seizures.
- Sweating may stop.

How can a heat-related illness be prevented?

- Learn about the hazards leading to heat stress and how to prevent them.
- Drink a lot of cool water, at least one pint of water per hour.
- Take frequent breaks in shaded, cool areas.
- Routinely look for signs and symptoms of heat stress.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes when possible.
- Block out direct sun and other heat sources.
- Use the buddy system.

What can be done when someone is ill from the heat?

- Move the person to a shaded, cooler area.
- Remove outer clothing.
- Fan and mist the person with water.
- Provide cool drinking water, if able to drink.

When showing signs or symptoms, call 2-911 at work or 911 when away from work. Always have someone stay with the victim until help arrives. When required to work in a hot environment, employees need to know how to protect themselves and their coworkers from a heat-related illness. Knowing what to do and how to act in a heat-related emergency can save lives!

[www.osha.gov](http://www.osha.gov). Protecting Workers from the Effects of Heat.

[www.osha.gov](http://www.osha.gov). Quick Card Protecting Workers from Heat Stress.

