

Heat-Stress Prevention

Did you know ***heat** is the number one cause of weather-related fatalities in the United States despite the fact that most heat-related deaths are preventable?

That's why **all outdoor workers** are required to undergo heat illness prevention training, and there must be a written prevention plan accessible at every worksite.

These 6 steps can help keep your crew protected against extreme temperatures.



TRAINING

Equip your crew with the knowledge and skills needed to recognize and prevent heat-related illnesses.



WATER

Ensure access to an ample supply of water to keep workers hydrated throughout the hot days.



SHADE & REST

Provide shaded areas for breaks and encourage frequent rest periods to prevent overheating.



HIGH HEAT

Add extra precautions during periods of high heat, such as adjusting work schedules and intensifying monitoring.



EMERGENCY RESPONSE

Establish clear procedures for responding promptly and effectively to heat-related emergencies.



ACCLIMATIZATION

Provide managerial supervision and closely monitor all employees during an extreme heat wave.

HEAT-STRESS SYMPTOMS TO BE AWARE OF:

- Cool, moist skin
- Irritability
- Thirst
- Fatigue
- Muscle cramps
- Heavy sweating
- Nausea
- Headache
- Dizziness
- Weak, rapid pulse

Enhance your prevention training with our comprehensive **heat stress training kit**. This kit includes an interactive digital presentation, facilitator guide, student guide, knowledge assessments, certificates of completion, attendance logs, and more.

Contact us today to learn about how you can prevent heat stress on your job sites.

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