



Balancing Heat Illness Prevention and COVID- 19

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Agenda

1. Defining Heat Illness and Symptoms
2. Risk Factors
3. Mitigation Techniques and OSHA Requirements
4. Precautions and Employer Responsibilities
5. COVID-19 Considerations

Definitions

The term "**acclimatization**" means temporary adaptation of the body to work in the heat that occurs gradually when a person is exposed to it. Acclimatization peaks in most people within four to fourteen days of regular work for about two hours per day in the heat.

"**Environmental risk factors for heat illness**" means working conditions that create the possibility that heat illness could occur, including air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personnel protective equipment worn by employees.

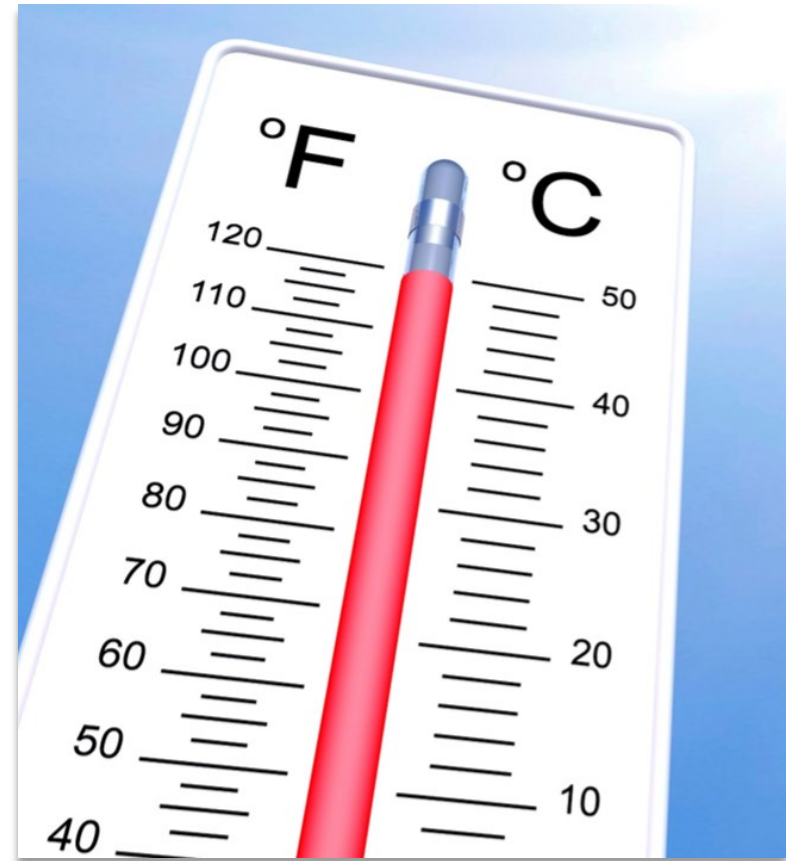


Definitions (cont.)

The term "**heat illness**" means a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat cramps, heat exhaustion, heat syncope, and heat stroke.

"**Personal risk factors for heat illness**"

- Age
- Personal health
- Prescription medications
- Other drugs or alcohol consumption
- Caffeine consumption
- Degree of acclimatization



Definitions (cont.)

Heat Exhaustion

- Excessive loss of water through sweating
- Fatigue
- Nausea
- Headache or giddiness
- Cold clammy skin

Treatment

- Get to cooler location
- Replace body fluids

Heat Stroke

- Body fails to regulate temperature
- Skin is hot and dry
- Confused behavior
- Loss of consciousness
- Convulsions
- Medical Emergency
- Call 911!

Minimize Heat Illness Potential with:

- Shade
- Water
- Communication
- Emergency Procedures
- Training



Administrative Controls:

- Conduct pre-job assessments
- Schedule heavier labor for early mornings
- Go home early, or schedule light or administrative work during the afternoons.
- Frequent breaks
- Buddy systems
- Document procedures and provide effective training.

How does COVID-19 play a role?

- Do you have enough shade?



- Single use cups



- Masks



Questions?

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