

*Topic Summary:*

## Fatal Hazard – Hot-weather work can kill

**Employers:** Protect yourself and your workers by learning the signs and symptoms of heat stress and how to treat it. Heat stress occurs in a hot environment when a worker’s body cannot cool quickly enough. The three major forms of heat stress are heat cramps, heat exhaustion and heat stroke. Heat exhaustion is a serious problem, and heat stroke can kill you.

### What are the symptoms of heat exhaustion and heat stroke?

Heat Exhaustion:	Heat Stroke
<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Heavy thirst</li> <li>• Panting/rapid breathing</li> <li>• Rapid pulse</li> <li>• Headache</li> <li>• Blurred vision</li> <li>• Exhaustion, weakness</li> <li>• Clumsiness</li> <li>• Confusion</li> <li>• Dizziness or fainting</li> <li>• Cramps</li> </ul>	<ul style="list-style-type: none"> <li>• No sweating</li> <li>• Red or flushed, hot dry skin</li> <li>• Any symptom of heat exhaustion but more severe</li> <li>• Difficult breathing</li> <li>• Pinpoint pupils</li> <li>• Bizarre behavior</li> <li>• Convulsions</li> <li>• Confusion</li> <li>• Collapse</li> </ul>

### What do you do if someone is suffering from heat exhaustion or heat stroke?

Heat Exhaustion	Heat Stroke (medical emergency)
<ul style="list-style-type: none"> <li>• Move the victim to a cool shaded area to rest; <b>do not leave him or her alone</b></li> <li>• Loosen and remove heavy clothing</li> <li>• Give cool water to drink, about a cup every 15 minutes</li> <li>• Fan the person, spray with cool water, or apply a wet cloth to his or her skin</li> <li>• Call 911 if he or she does not feel better in a few minutes</li> <li>• Remove from hot environment work that day</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Get medical help immediately, call 911</b></li> <li>• Move the victim to a cool shaded area; <b>do not leave him or her alone</b></li> <li>• Lay the person down</li> <li>• Loosen and remove heavy clothing</li> <li>• Fan the person, spray with cool water, or wipe with a wet cloth or cover with a wet sheet</li> <li>• Place icepacks under the armpits and in the groin area</li> </ul>

*See more information on reverse.*

## How do you protect yourself from excessive heat stress?

- Learn the signs and symptoms of heat stress.
- Drink plenty of water or electrolyte drinks, even when not thirsty.
- Try to do the heaviest work during the cooler parts of the day.
- Adapt the pace of work to the heat – take more breaks, go slower when possible.
- Build up a tolerance to the heat and your work slowly.
- Wear light-weight, loose-fitting, light-colored, breathable (e.g. cotton) clothing and hat.
- Take regular breaks in the shade.
- Avoid alcohol or drinks with caffeine before or during work.
- Keep an eye on co-workers for symptoms of heat stress.
- If you start feeling ill, stop what you are doing immediately and take steps to cool down. Tell your supervisor.

## Where can I learn more?

The National Institute for Occupational Safety and Health (NIOSH) features a topic page on heat stress at <http://www.cdc.gov/niosh/topics/heatstress>

The Occupational Safety and Health Administration (OSHA) also has an information page on heat stress at <http://www.osha.gov/SLTC/heatstress/index.html>

The L&I video library includes educational videos on heat stress. Enter a search for "heat stress" at [www.Videos.LNI.wa.gov](http://www.Videos.LNI.wa.gov)

## How can I get help from Labor and Industries?

The Department of Labor and Industries (L&I) has assistance available at no charge. Please contact one of the regional offices listed below and ask for the WISHA\* Consultation Supervisor.

Counties	Telephone Number
Island, San Juan, Skagit, Snohomish, Whatcom	425-290-1431
King	206-515-2837 or 206-835-1146
Clallam, Jefferson, Kitsap, Pierce	253-596-3917
Clark, Cowlitz, Grays Harbor, Klickitat, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum	360-902-5472
Northwest Adams, Benton, Chelan, Columbia, Douglas, Franklin, Grant, Kittitas, Okanogan, Walla Walla, Yakima	509-886 6570
Southeast Adams, Asotin, Ferry, Garfield, Lincoln, Stevens, Pend Oreille, Spokane, Whitman	509-324 2543

\*WISHA: Washington Industrial Safety and Health Act, the state equivalent of OSHA. L&I's WISHA Services Division administers workplace safety and health rules.

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***Just imagine... resources at your fingertips!  
We can help you improve the safety and  
health of your workplace.***

*If you're an employer in Washington State, you must provide a safe and healthy workplace for your employees. For example, you must have a written safety program that covers the work your employees perform.*

*We're here to help you meet these requirements of the Washington Industrial Safety and Health Act (WISHA). Here are a few of our services:*

### **Onsite Consultations**

Learn about workplace safety and health requirements. A safety consultant from the Department of Labor and Industries will come to your business and assess your employee safety and accident prevention programs. Call your local L&I office or 1-800-423-7233 (4BE-SAFE).

### **Training Resources and Helpful Guides**

Access online guides to help you write your accident prevention program or meet requirements for personal protective equipment. You'll also find online safety and health training modules and other training resources. Visit [www.LNI.wa.gov/Safety/TrainTools/](http://www.LNI.wa.gov/Safety/TrainTools/).

### **Safety and Health Video Library**

The largest safety and health video library in the United States is available to employers and workers in Washington State. You'll find a complete description of every video on our web site at: [www.Videos.LNI.wa.gov](http://www.Videos.LNI.wa.gov). Your only cost to use the library is return postage (using a traceable carrier).

To request videos:

Call: **360-902-5444** or **800-574-9881** (toll-free); fax: **360-902-5675**

### **Governor's Industrial Safety & Health Conference**

The 54<sup>th</sup> Annual Governor's Safety & Health Conference takes place September 28–29, 2005, at the Greater Tacoma Convention & Trade Center. For more information, call: **1-888-451-2004** or visit the web site at [www.LNI.wa.gov/Safety/TrainTools/GovConf/](http://www.LNI.wa.gov/Safety/TrainTools/GovConf/).

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#### **WISHA Services Division**

*A Mission to Accomplish: Save Lives.  
Prevent Injuries and Illnesses.  
Protect the Safety and Health of Washington's Workers.*



**Take advantage of the information and training on our web site: [www.LNI.wa.gov/safety/](http://www.LNI.wa.gov/safety/).**

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INDUSTRIES**



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1-800-4BE-SAFE

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Hot-weather work can kill***

On the web: [www.LNI.wa.gov/safety/](http://www.LNI.wa.gov/safety/)

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