



H S E

HEALTH SAFETY ENVIRONMENTAL



Alert #: SA 15-23

Date: April 13, 2023

Protecting Workers from Heat Stress

As areas of the southern United States transition from winter to spring, workers will also have to evolve their work habits from working in cooler drier environments to that of hotter more humid environments. With this transition, workers exposed to heat can become seriously ill and suffer from the effects of heat stroke, heat exhaustion, heat cramps and heat rash.

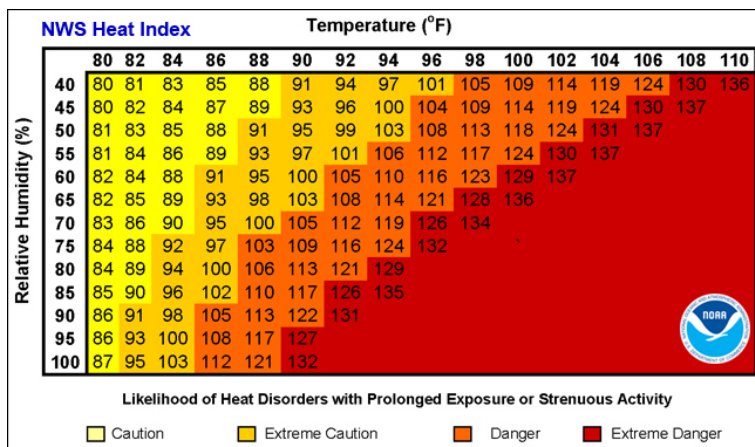
Recognizing the risk factors of heat related illnesses is extremely important in mitigating serious illness. Some risk factors include:

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot work places
- Low liquid intake
- Waterproof clothing.

WORK / REST WATER CONSUMPTION TABLE							
HEAT CAT	WBGT INDEX (Degrees Fahrenheit)	EASY WORK		MODERATE WORK		HARD WORK	
		Work / Rest (Min)	Water Intake (QT/HR)	Work / Rest (Min)	Water Intake (QT/HR)	Work / Rest (Min)	Water Intake (QT/HR)
1	78-81.9	NL	1/2	NL	3/4	40/20	3/4
2 (green)	82-84.9	NL	1/2	50/10	3/4	30/30	1
3 (yellow)	85-87.9	NL	3/4	40/20	3/4	30/30	1
4 (red)	88-89.9	NL	3/4	30/30	3/4	20/40	1
5 (black)	MORE THAN 90	50/10	1	20/40	1	10/50	1

The work: Rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specific heat category.
Individual water needs will vary plus or minus 1/4 quart per hour.

Another important factor to working safely in heat involves understanding your body and the signs and symptoms of heat stress which can include: headaches, dizziness, weakness, nausea or vomiting. In more extreme cases this can escalate into fainting or loss of consciousness.



Lastly, prevention is key to a successful day at work in the heat. Worker's can protect themselves by:

- Knowing the signs and symptoms of heat illness, including using a buddy system
- Drinking plenty of fluids drinking BEFOE you are thirsty.
- Avoiding beverages containing alcohol or caffeine.
- Wearing lightweight, light colored, loose fitting clothing.

Report all incidents immediately to the GIS Hotline

1-855-543-5163

Following your initial phone call, an incident report **must** be completed and e-mailed to:

incident@gisy.com

SAFETY ALERT