



HEALTH, SAFETY,
& ENVIRONMENTAL



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Heat Stress Awareness

As warmer weather months approach, we would like to take this opportunity to remind all personnel of the importance of recognizing and preventing heat stress. Heat stress can affect anyone working in warm or humid conditions and is often caused by factors that may be overlooked. Staying aware and taking proactive measures can prevent illness and injury. All personnel are expected to remain vigilant, look out for one another, and follow established procedures to reduce the risk of heat-related incidents.

Heat exhaustion can sneak up on workers, even when they think they're doing everything right. Beyond direct sunlight and high temps, there are hidden factors that can put people at risk. Let's talk about those.

Less Obvious Causes to Watch Out For:

Poor Hydration the Day Before

Start hydrating the night before a hot day.

Caffeine & Energy Drinks

Diuretics (like coffee or energy drinks) increase fluid loss.

High Humidity

Sweat won't evaporate to cool you off when it's humid.

Overdressing or Wrong PPE Choices

Non-breathable clothing or dark colors trap heat.

Skippping Breaks or Pushing Through

Rest breaks are **not optional**, they're **mandatory**.

Medications or Health Conditions

Blood pressure meds, heart issues, or past heat illness can raise your risk.

Working Near Hot Equipment

Prolonged exposure to hot equipment can cause sweating, fatigue, and dehydration.

Prevention Tips

- **Hydrate:** Drink water every 15-20 minutes, not just when thirsty.
- **Acclimate:** Gradually increase heat exposure over time.
- **Take scheduled breaks:** In shaded or cool area.
- **Monitor:** Watch out for symptoms like confusion, dizziness, headache, nausea, and fatigue.
- **Buddy System:** Always check on each other, especially in the heat.

If You Suspect Heat Exhaustion:

- Stop work immediately.
- Move the affected person to a cool or shaded area.
- Provide water if the person is conscious.
- Notify supervision and seek medical attention if symptoms persist or worsen.

For more specific guidance, please review **LLCP-076-Heat Stress Prevention**.

Proper use of the **GIS LIFE Processes** can help to create a **FAIL-SAFE** Work Environment.

Guidelines for Work/Rest Schedules

Work Load with Regular Work Clothes for Acclimatized Workers (Temp = °F)			Work/Rest Schedule in Each Hour	
Light	Moderate	Heavy	Work	Rest
95°	90°	85°	Continuous	
100°	95°	90°	75%	25%
105°	100°	95°	50%	50%
110°	105°	100°	25%	75%

Work Load with PPE for Acclimatized Workers (Temp = °F)			Work/Rest Schedule in Each Hour	
Light	Moderate	Heavy	Work	Rest
85°	80°	75°	Continuous	
90°	85°	80°	75%	25%
95°	90°	85°	50%	50%
100°	95°	90°	25%	75%



SAFETY ALERT