

FACT SHEET: Heat Illness Prevention

How to Protect Yourself



Extreme heat exposure can cause work-related injury such as heat exhaustion, heat cramps, heat rashes, and heat stroke. Symptoms of heat-related illnesses, such as dizziness, also cause increased risk of secondary workplace injuries. Personal risk factors such as overall health, age, or medications make individuals more susceptible to heat-related illness. Prevention is key to avoid heat related illness. Ensure employees are acclimated, hydrated, and taking frequent breaks are strategies that help avoid heat-related illness.

✓ NEED TO KNOW:

1. Hydrate often with water or other non-caffeinated beverages.
2. Take breaks in cool, shaded areas.
3. Schedule outdoor work at beginning/end of day when temperatures are lower.
4. Contact OEHS by emailing oehs@tulane.edu if you have additional questions regarding heat stress hazards.

HEAT RELATED ILLNESS:

- **Heat Cramps:** caused by heavy sweating and loss of electrolytes.
- **Heat Exhaustion:** caused by dehydration, signs and symptoms of heat exhaustion are heavy perspiration, extreme thirst, damp or pale skin, fast heartbeat, drowsiness, fainting or collapsing.
- **Heat Stroke:** caused by excess exposure to hot settings resulting in the body's temperature controlling system failing. Signs and symptoms of heat stroke are elevated core body temperature, Absence of sweat, dry or hot skin, rapid heartbeat, chills, and unconsciousness.

PREVENTING HEAT ILLNESS:

- Take frequent breaks in cooler shaded areas away from direct sunlight or in air-conditioned buildings
- Implement controls that reduce heat burden such as providing shade or using fans for additional air movement
- Drink ample amounts of cool water throughout the workday, avoid caffeinated or high sugar content beverages
- Schedule strenuous work activities during cooler parts of the workday
- Acclimatization: New workers should be allowed to adjust to high heat environments over 7 - 14 day period.
- Personal protective equipment such as water-cooled garments and cooling vests are most effective when utilized during breaks

📱 MORE INFO:



!! INJURY REPORTING & EMERGENCY CONTACTS:

- Report heat related injuries to a Supervisor and move to a cool shaded space and contact the **Employee Injury Call Center** (855)433-9938.
- Emergency Contacts:
 - **TUPD Uptown** (504)-865-5911
 - **TUPD Downtown** (504)-988-5555
 - **Primate Center** (985)-871-6411
 - Or, dial **911** in the event of an emergency.

ADDITIONAL INFORMATION & RESOURCES:

- [OSHA Safety and Health Topics Heat](#)
- [NIOSH Workplace Safety and Health Topics Heat Stress](#)
- [American Red Cross: Extreme Heat Preparedness Checklist](#)