



## HEAT SAFETY

Weather is a danger that most NCDOT workers forget about and may not pay attention to the heat. Even though it can have a big impact on safety.

This training is to help create awareness and ensure NCDOT workers understand potential dangers and take necessary precautions

# Heat Safety

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- Workers in all types of industries spend hours outside on an almost daily basis. Even those who spend only a few minutes outside are susceptible to environmental effects that could leave lasting damage.
- “What harm can the weather do to me?” You may be thinking. “I played outside as a kid and was never hurt in any way!”
- According to OSHA, workers experience between 2,500 and 3,000 injuries and illnesses every year as a result of exposure to heat, with a dozen or more resulting in death.





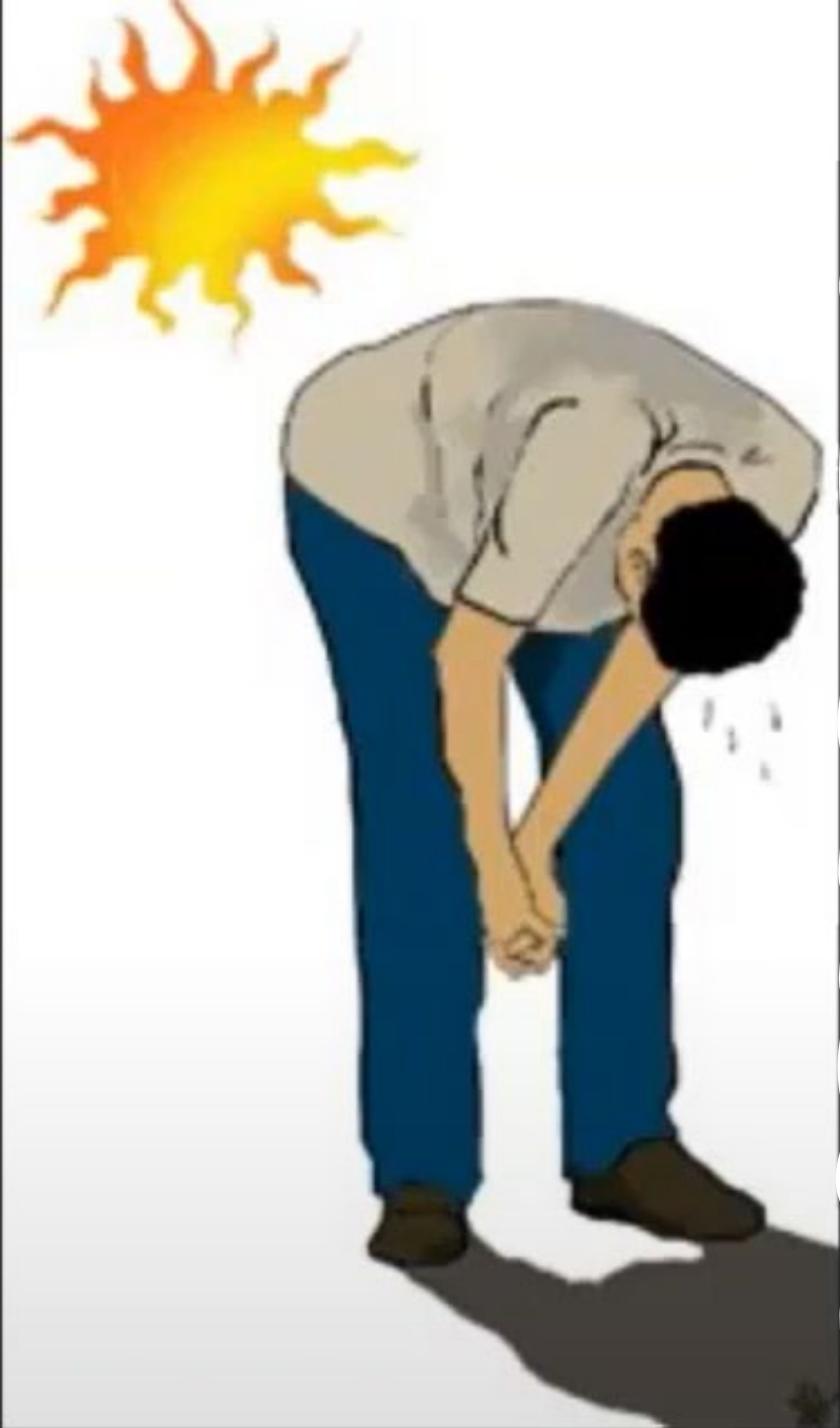
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- NCDOT workers that primarily work outside are particularly susceptible to heat stress due to prolonged exposure to hot environments and physically demanding work.



# Heat Safety: Matter of Life or Death

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- Many people may work through early symptoms
- Early and quick action can save lives



# Heat Stress

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- A condition that may arise when our bodies face excessive heat and struggle to regulate internal temperature.
- Our bodies have natural cooling system that relies on sweating.
- During hot weather, especially with high humidity, sweating isn't enough.
- When we feel hot, sweat glands produce moisture on our skin.
- Helping us cool down and maintain a stable internal temperature

# Heat Safety Prevention

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- If you must be outside, limit your exposure to the heat by taking breaks in the shade.
  1. Wear light-colored, breathable clothing to limit heat absorption
  2. Stay hydrated by drinking lots of water or electrolyte replacing drinks (if participating in physical work/activities outside)





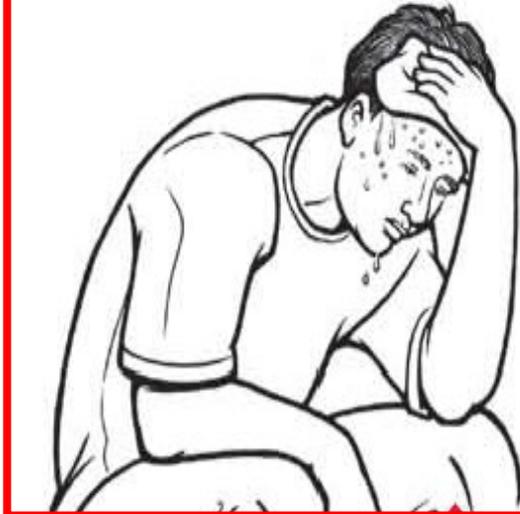
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- When workers are affected by heat stress, their physical and cognitive abilities may be impaired.
  - May experience fatigue, dizziness, reduced concentration or slower reaction times.
  - Heat stress can increase the likelihood of accidents and injuries.

# Signs of heat Exhaustion

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- Confusion, fatigue, skin that feels hot and dry (unless it's exertional heat stroke, which includes profuse sweating), and fainting.
- Dizziness
- Headache
- Sweating
- Weakness
- Cramps
- Nausea, vomiting
- Fast heartbeat

**Heat Exhaustion**



# Treatment for Heat Exhaustion

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- Move out of sun, lay down and loosen clothing
- Apply cool, wet cloths
- Move to air conditioning
- Seek medical attention for evaluation and treatment.



# Treatment for Heat Stroke

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- Heat stroke is a severe medical emergency!
- Get emergency medical assistance and/or get the individual to the hospital immediately.
- Move the individual to a cooler, air-conditioned environment.
- Do not give fluids.



# We Can Prevent Heat Illness

- Recognize signs and symptoms of heat exhaustion and heat stroke
- Know when to act
- Know what to do when early symptoms are identified
- Include frequent **water breaks**, provide shade and allow ample time to rest
- Heat Illness Prevention Campaign stresses that workers should be taught three simple things: **Water, Rest, Shade.**