“Recognize, Evaluate, and Control”
Preventing Heat-Related Illnesses

Verify all employees who work in hot environments have received heat stress training. A documented review of this fact sheet, DVD, and/or online Skillport module will be sufficient training. Please contact EHS staff to schedule an EHS instructor classroom training session.

☐ Recognize the Symptoms of HEAT EXHAUSTION:
  o Headaches, dizziness, light headedness or fainting
  o Weakness and moist skin
  o Mood changes such as irritability or confusion
  o Upset Stomach or vomiting

☐ Recognize Symptoms of HEAT STROKE:
  o Dry, hot skin with no sweating
  o Mental confusion or losing consciousness
  o Seizures or convulsions

☐ Review RESPONSE to HEAT-RELATED ILLNESS
  o CALL CAMPUS POLICE AT 911 OR FROM A CELL PHONE (704) 687-2200.
  o While waiting, move the worker to a cool, shaded area
  o Loosen or remove heavy clothing
  o Provide cool drinking water
  o Fan and mist the person with water

☐ Evaluate Heat Stress Conditions
  o Environmental Risks (climate factors)
  o Worker Risks (employee factors)
  o Work Risks (demands of the job)

☐ Review measures to prevent Heat Stress
  o Acclimating your body to hot work environments
  o Drink lots of water – avoid caffeine or alcohol
  o Adjusting work schedules, rest regularly
  o Use fans/air-conditioning, opening windows, installing shades, canopies.
  o Block out direct sun or other heat sources
  o Wear lightweight, light colored, loose-fitting clothes.

GROUP DISCUSSION TOPICS:
- Does anyone need additional information?  OSHA Heat Stress Guide, EHS online Skillport modules, OSHA Heat Index Guide
- Has anyone experienced heat related illnesses?  If so, how could it have been prevented?
- Does everyone have adequate clothing, personal protective equipment (PPE)?
- Does everyone know where the heat related checklist is posted?
- For your safety we will be closely monitoring each employee for heat related illnesses.
- Check for heat stress conditions with HEAT Safety Tool App: HEAT SAFETY APP

The DEPARTMENT is responsible for:
- ensuring personnel receive documented training, providing adequate resources,
- ensuring safe work practices are followed, and report heat related incidents.

The employee plays a vital role in the heat stress program. EMPLOYEES who work in hot environments must:
- participate in training programs, follow preventive measures/safety instructions, monitor themselves and co-workers, and report heat related incidents.

If you have any questions, please contact the Environmental Health and Safety Office at 704-687-1111.

When the body is unable to cool by sweating, several heat-induced illnesses such as heat stress, heat exhaustion and heat stroke can occur resulting in death. There are several factors leading to heat stress such as high temperatures, humidity, direct sun, heat, limited air movement, physical exertion, poor physical condition, some types of medication and inadequate tolerance for hot environments.