“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, UNCC Heat Stress Program, DVD, and/or online Skillport module will be sufficient training. Please contact EHS staff to schedule a EHS instructor classroom training session.

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

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

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

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

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

**GROUP DISCUSSION TOPICS:**

  - 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

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