

# Heat-Stress Prevention

Did you know **\*heat** is the number one cause of weather-related fatalities in the United States despite the fact that most heat-related deaths are preventable?

That's why **all outdoor workers** are required to undergo heat illness prevention training, and there must be a written prevention plan accessible at every worksite.

**These 6 steps can help keep your crew protected against extreme temperatures.**



## TRAINING

Equip your crew with the knowledge and skills needed to recognize and prevent heat-related illnesses.



## WATER

Ensure access to an ample supply of water to keep workers hydrated throughout the hot days.



## SHADE & REST

Provide shaded areas for breaks and encourage frequent rest periods to prevent overheating.



## HIGH HEAT

Add extra precautions during periods of high heat, such as adjusting work schedules and intensifying monitoring.



## EMERGENCY RESPONSE

Establish clear procedures for responding promptly and effectively to heat-related emergencies.



## ACCLIMATIZATION

Provide managerial supervision and closely monitor all employees during an extreme heat wave.

## HEAT-STRESS SYMPTOMS TO BE AWARE OF:

- Cool, moist skin
- Heavy sweating
- Irritability
- Nausea
- Thirst
- Headache
- Fatigue
- Dizziness
- Muscle cramps
- Weak, rapid pulse

Enhance your prevention training with our comprehensive **heat stress training kit**. This kit includes an interactive digital presentation, facilitator guide, student guide, knowledge assessments, certificates of completion, attendance logs, and more.

**Contact us today** to learn about how you can prevent heat stress on your job sites.

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