

OSHA Heat Illness Prevention

Oregon OSHA's rules for preventing heat illnesses apply to workplaces whenever an employee is working, and the heat index equals or exceeds 80 degrees.

KEY REQUIREMENTS:

Access to Shade

Establish one or more shade areas when the heat index equals or exceeds 80 degrees Fahrenheit.

OSHA Heat Illness Prevention

KEY REQUIREMENTS:

Shade may be provided by natural or artificial means that do not expose employees to unsafe or unhealthy conditions and that do not discourage access or use.

Drinking Water

Enough drinking water must be available so that each employee can consume 32 ounces per hour.

OSHA Heat Illness Prevention

KEY REQUIREMENTS:

- Drinking water must be cool (66 to 77 degrees Fahrenheit) or cold (35 to 65 degrees Fahrenheit) or cold (35 to 65 degrees Fahrenheit)
- Drinking water packaged as a consumer product and electrolyte replenishing drinks that do not contain caffeine – sports drinks, for example – are acceptable substitutes, but should not completely replace water.

OSHA Heat Illness Prevention

KEY REQUIREMENTS:

Heat index temperature rest break durations

Heat index temperature	Rest break durations
90 or greater	10 minutes every two hours
95 or greater	20 minutes every hour
100 or greater	30 minutes every hour
105 or greater	40 minutes every hour

OSHA Heat Illness Prevention

KEY REQUIREMENTS:

Heat Triggers

- Limited Air Movement
- Bulky Clothing or Gear
- Physically Strenuous Work
- High Temperatures
- High Humidity

OSHA Heat Illness Prevention

KEY REQUIREMENTS:

Signs of Heat Stroke

- Loss of consciousness
- Confusion
- Seizures

Heat Stroke Response

- Call 911. This is a medical emergency
- Place worker in shady, cool area
- Loosen clothing, remove outer clothing
- Fan air on worker; cold packs in armpits
- Wet worker with cool water; apply ice packs, cool compresses, or ice if available

OSHA Heat Illness Prevention

KEY REQUIREMENTS:

Heat Stroke Response

- Provide fluids (preferably water) as soon as possible
- Stay with worker until help arrives

Signs of Heat Exhaustion

- Dizziness
- Nausea
- Weakness
- Irritability
- Thirst
- Heavy sweating

Heat Exhaustion Response

- Have worker sit or lie down in a cool, shady area

OSHA Heat Illness Prevention

KEY REQUIREMENTS:

Heat Exhaustion Response

- Have worker sit or lie down in a cool, shady area
- Give worker plenty of water or other cool beverages to drink
- Cool worker with cold compresses/ice packs
- Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.
- Do not return to work that day

OSHA Heat Illness Prevention

KEY REQUIREMENTS:

Signs of Heat Cramps

- Low salt levels in muscles cause painful cramps
- Tired muscles are usually the ones most affected by cramps
- Cramps may occur during or after work hours

Heat Cramp Response

- Rest in shady cool area
- Drink water or other cool beverages
- Wait a few hours before returning to strenuous work

OSHA Heat Illness Prevention

Remember

Water

Rest

Shade

Can keep you
feeling good during
hot weather