



HEAT STRESS ESSENTIALS: OUTSMART THE SWELTER

Nobody can “beat the heat”, but you sure can change your approach to working in it. Carelessness, machismo and misinformation are at the center of thousands of heat-related injuries every year. The good news? They’re 100% preventable with a little training, planning and common sense.

HEAT STRESS HANDBOOK

Your quick-reference playbook for heat safety on the job >>>

VIDEO SERIES

Expert advice on building a rest station, body cooling techniques and skin protection >>>

TOOLBOX TALK SERIES

Drop the tailgate and take a few minutes to educate the crew >>>

SAFETY TIPS SERIES

Dive deeper into heat safety with comprehensive articles >>>

CASE STUDY SERIES

How are your peers handling the heat? >>>

PODCAST SERIES

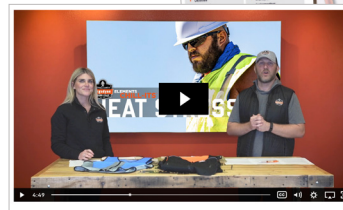
Stimulating convos with experts & innovators on heat stress safety >>>

JOB SITE POSTERS

Keep heat safety front and center on the job site:

Hydration Poster >>>

Heat Safety Poster >>>



6/15/2017 Why Shaded Areas are Important For Breaks at Work - Toolbox Talks



6/7/2017 How to Prevent Dehydration in the Heat - Toolbox Talks



5/31/2017 How to Prevent Dehydration in the Heat - Toolbox Talks



Workers cooling in the sun? Take cover. Seems counter-intuitive, does it? After all, we worship the sun. "Good Day Sunshine." "Here Comes the Sun." "Sunshine of Your Love." When the temps go up on a cloudless day and the rays stream in from 91.25 million miles away, shed the clothes, roll out the blanket, crank up Spotify and work on the tan. Wrong. You want to beat the heat, not succumb to it. We're talking about hot weather safety. You want to cover up with UPF protective clothing and SPF sunscreen. You don't want to take a tanner's oath. Repeat that last of hydrogen and before the sun of 1.2 trillion Earths. Ninety percent of skin cancer diagnoses are directly attributed to long-term overexposure to the sun's ultraviolet radiation, specifically tanner.

WHAT'S BEING DONE TO PREVENT HEAT STRESS ON THE WORKSITE?
While OSHA has not established any federal heat stress prevention standards, there are general guidelines about hydration, shift/break length and how to identify heat stress symptoms. But these guidelines are only as good as their awareness, which is why we teamed up with *ERG Daily Advisor* to better understand if and how employers are incorporating heat illness prevention into overall workplace safety.



View Transcript
ACCORDING TO THE BUREAU OF LABOR STATISTICS (BLS), THERE WERE 1,349 HEAT RELATED DEATHS IN 2020 AND 36 FATALITIES IN 2021. THROUGH THE OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION (OSHA) ACKNOWLEDGES THESE NUMBERS ARE GREATLY UNDERSTATED.
UNITED STATES // 2021
36 OCCUPATIONAL HEAT RELATED FATALITIES
FROM EXPOSURE TO ENVIRONMENTAL HEAT
IN 2021
1,940 HEAT RELATED INJURIES
8,300 INJURIES
OVER LAST 3 YEARS
Source: Bureau of Labor Statistics (BLS)

OUTSMART THE SWELTER
1. KNOW THE SIGNS
2. DRINK WATER
3. TAKE BREAKS
4. KEEP IN SHADOW
5. BREAK UP HOT WORK
6. FIND YOUR COOL
70%
OSHA