

ORBA Contracts & Documents Subcommittee - Safety Moment

Heat Stress

June 25, 2025

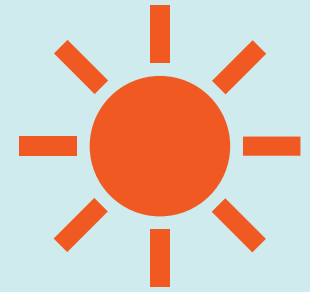
Summary



1. Causes of heat stress



2. Illnesses due to heat stress



3. Ways to manage heat stress in the workplace

Causes of Heat Stress

Some causes of heat stress include:

- Working in direct sunlight
- Working in high humidity

When heat is combined with any of the below stresses, it can be a dangerous mix that can lead to heat-related illness, disability, and even death

- Physical work
- Fluid loss
- Fatigue
- Pre-existing medical conditions



**Increased
irritability**



**Loss of
concentration
and ability to do
mental tasks**



**Loss of ability to
do skilled tasks
or heavy work**

Illnesses due to Heat Stress

Type of Illness	Symptoms	First Aid Treatment
Heat Rash	Red bumpy rash with severe itching	Change into dry clothes and avoid hot environments. Rinse skin with cool water.
Heat Cramps	<p>Painful cramps in overworked areas such as arms, legs or stomach.</p> <p>This can happen at work or later at home.</p>	<p>Move to a cool area; loosen clothing; gently massage and stretch affected muscles; drink cool, slightly salted water or electrolyte beverage</p> <p>Do not take salt tablets</p> <p>Seek medical attention right away if symptoms persist</p>
Fainting	Loss of consciousness, potentially without any warning symptoms.	<p>Get Medical Attention!</p> <p>Move to a cool area; loosen clothing; have person lie down; and if person is awake, have them sip on cool water</p>

Illnesses due to Heat Stress

Type of Illness	Symptoms	First Aid Treatment
Heat exhaustion	<p>Heavy sweating; cool moist skin; body temperature over 38°C; weak pulse; low blood pressure; feeling tired and weak; nausea and vomiting; panting or breathing rapidly; and blurred vision</p> <p>This can happen at work or later at home.</p>	<p>Get Medical Attention!</p> <p>Move the person to a cool area; loosen or remove clothing; provide cool water to drink; spray with cool water.</p> <p>Don't leave the person alone.</p>
Heat stroke	<p>High body temperature (above 40°C); weakness, confusion, or acting strangely; fast pulse; headache or dizziness; passing out</p> <p>Classic heat stroke: hot, dry, red skin</p> <p>Exertional heat stroke: profusely sweating</p>	<p>Call ambulance! This is a medical emergency.</p> <p>Prompt action to get the person medical attention; remove excess clothing; spray cool water; get them to have sips of cool water if conscious; move them to a shaded area and have them lie on their side</p>

Managing Heat Stress in the Workplace

- Follow site specific **safety procedures** for working in **extreme heat**
- Increase frequency and length of **breaks**
- Access to **cool drinking water** for workers & drinking a cup of water every 15-20 minutes
- **Schedule** strenuous jobs at cooler times of the day such as early morning or late afternoon
- **Training** workers on recognizing the signs and symptoms of heat stress
- Have an **Emergency Response Plan**

