



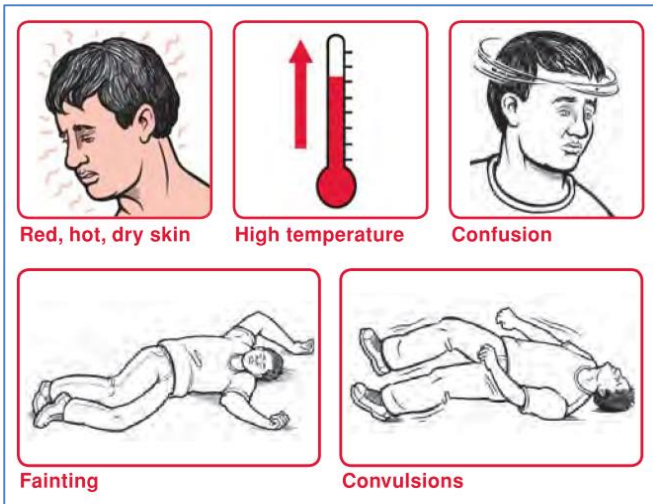
Safety Instruction

Heat Stress

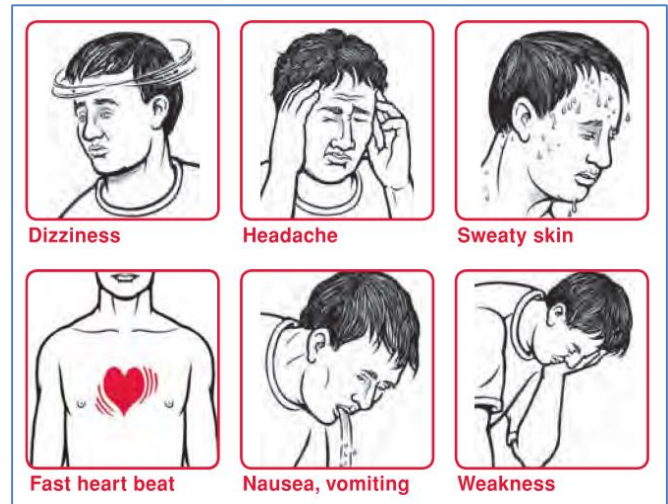
What is Heat Stress?

- A general term for several heat-related illnesses that may occur when the body is unable to cool itself by sweating.
- Heat Illnesses may include heat stroke (**may be fatal**), heat exhaustion, heat cramps and heat rash.

Symptoms of Heat Stroke



Symptoms of Heat Exhaustion



How to Treat Heat-Related Illness

- Call a supervisor for help.
- If the supervisor is not available, call 911.

While Waiting ...

- Move worker to cool shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water, if able to drink.
- Fan and mist person with water.

Preventing Heat Stress

- Know the symptoms outlined above.
- Monitor yourself. Use the buddy system.
- Block out direct sun or other heat sources.
- Wear lightweight, light colored, loose fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.
- Drink plenty of fluids, about every 15 minutes, and **BEFORE** you are thirsty.

More Information

[OR-OSHA Heat Safety Publication](#)

[OR-OSHA Heat Stress rules, information, publications, and other resources](#)

		Relative Humidity (%)													
		40	45	50	55	60	65	70	75	80	85	90	95	100	
Air Temperature	110	136													
	108	130	137												
	106	124	130	137											
	104	119	124	131	137										
	102	114	119	124	130	137									
	100	109	114	118	124	129	136								
	98	105	109	113	117	123	128	134							
	96	101	104	108	112	116	121	126	132						
	94	97	100	103	106	110	114	119	124	129	135				
	92	94	96	99	101	105	108	112	116	121	126	131			
	90	91	93	95	97	100	103	106	109	113	117	122	127	132	
	88	88	89	91	93	95	98	100	103	106	110	113	117	121	
	86	85	87	88	89	91	93	95	97	100	102	105	108	112	
	84	83	84	85	86	88	89	90	92	94	96	98	100	103	
	82	81	82	83	84	84	85	86	88	89	90	91	93	95	
	80	80	80	81	81	82	82	83	84	84	85	86	86	87	

Extreme Danger: Heat stroke highly likely

Danger: Muscle cramps, and/or heat exhaustion likely

Extreme caution: Muscle cramps and/or heat exhaustion possible

Caution: Fatigue possible



Contact EHS:
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