



SAFETY MONDAY

Special Edition: Stand Down Week

Preparing for and Responding to Heat-related Emergencies

- Have a plan in case co-workers experience heat-related illness.
- Make sure medical services are available and that you and your co-workers know what to do if another worker has signs and symptoms of heat-related illness.
- Be prepared to provide first aid for any heat-related illness and call emergency services (i.e., call 911) if a worker shows signs and symptoms of heat stroke.
- Be able to provide clear and precise directions to the worksite.
- Immediately respond to symptoms of possible heat-related illness –
 - Move the worker into the shade.
 - Loosen their clothing.
 - Wet and fan the skin.
 - Place ice-packs in the armpits and on the neck.
 - Give the worker something to drink.
 - Call emergency services if the worker loses consciousness or appears confused or uncoordinated.
 - Have someone stay with an ill worker.
- Ensure that emergency procedures are used whenever appropriate.
- Develop a plan to reschedule or terminate work if conditions become too risky.

HEAT STROKE IS A MEDICAL EMERGENCY. CALL 911 immediately if a worker shows any signs of heat stroke.

