



## **Training Workers before the Heat**

Train workers before hot outdoor work begins. Tailor the training topic outline to cover employer-specific policies and worksite-specific conditions. A single worksite may have some job tasks that are low risk for heat-related illness and others that are high risk. Training will be more effective if it is matched to job tasks and conditions and is reviewed and reinforced throughout hot weather conditions. The following training topics may be addressed in one session or in a series of shorter sessions.

### **Training Topics:**

- Risk factors for heat-related illness.
- Different types of heat-related illness, including how to recognize common signs and symptoms.
- Heat-related illness prevention procedures.
- Importance of drinking small quantities of water often.
- Importance of acclimatization, how it is developed, and how your worksite procedures address it.
- Importance of immediately reporting signs or symptoms of heat-related illness to the supervisor.
- Procedures for responding to possible heat-related illness.
- Procedures to follow when contacting emergency medical services.
- Procedures to ensure that clear and precise directions to the work site will be provided to emergency medical services.

### **Factors that may cause heat-related illnesses**

#### **Environmental**

- High temperature and Humidity
- Direct sun exposure (with no shade) or extreme heat
- Limited air movement (no breeze or wind)

#### **Job-Specific**

- Physical exertion
- Use of bulky protective clothing and/or equipment
- Long hours during the heat of the day

#### **Personal**

- Dehydration
- Poor physical condition or ongoing health problems
- Kidney disease
- Some medications



- Pregnancy
- Lack of previous exposure to hot workplaces

### **SAFETY REMINDER**

**Identify someone trained in the hazards, physiological responses to heat, and controls. This person can develop, implement and manage the program.**