



BEAT THE HEAT & KEEP COOL

10 Steps to Prevent Outdoor Heat Illness

Our Presentation Will Begin Soon



BEAT THE HEAT & KEEP COOL

10 Steps to Prevent Outdoor Heat Illness

ICW Risk Management Services



Today's Presenter:

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Risk Management Consultant



What You'll Learn

- How to increase awareness of heat illness
- How to prevent heat illness
- Actionable safety tips
- Regulatory language



Topics

- What is Outdoor Heat Illness?
- Regulations & Consequences
- 10 Steps to Beat the Heat Outdoors
- What to Do in High Heat
- Helpful Resources
- Q&A



Heat Illness Can Be Deadly

According to the CDC

Did you know in the United States...

67,512

Each year, there are **67,512** emergency department visits due to heat, on average.



9,235

Each year, an average of **9,235** people are hospitalized due to heat.



702

An average of **702** heat-related deaths occur each year.



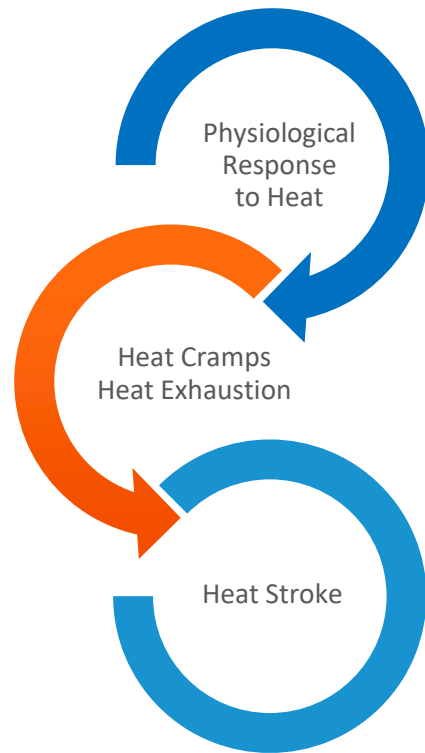
What is an Outdoor Heat Illness?



Heat Illness Defined

Excessive sweating = dehydration

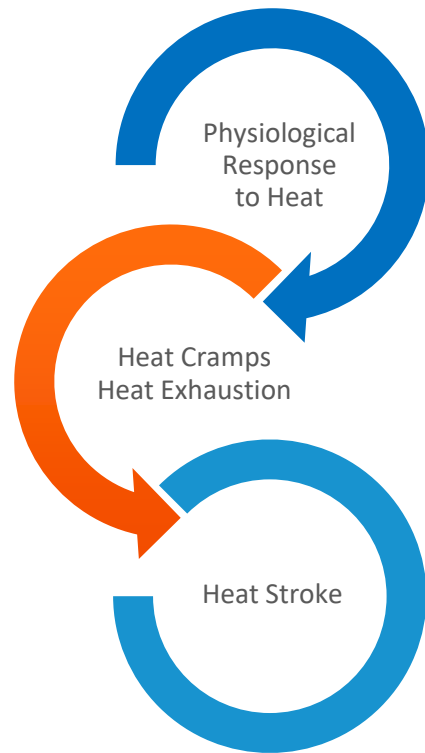
- The body loses ability to cool
- Increased blood flow to skin causes decrease in organ function
- Leads to heat cramps, heat exhaustion and heat stroke



Heat Stress

Excessive Loss of Electrolytes

- Painful cramps are early warning signs
- Usually in legs or abdomen
- Stop activity, hydrate, rest in cool place!
- Get medical attention if condition continues



Heat Exhaustion

Water depletion:

- Excessive thirst
- Weakness
- Headache
- Loss of consciousness

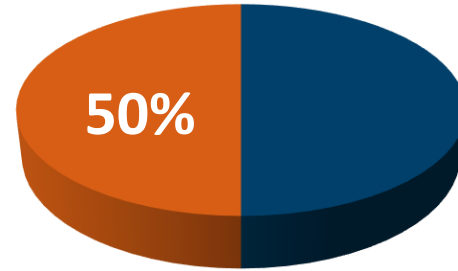
Salt depletion:

- Nausea
- Vomiting
- Muscle cramps
- Dizziness

STOP ACTIVITY & SEEK TREATMENT IMMEDIATELY!

Heat Stroke

- Cooling mechanism shuts down
- Can kill or cause brain damage
- Targets over 50, young athletes, obese, disabled



50% die even with medical attention

Know the Difference

Poster will be provided after this webinar

**KNOW THE DIFFERENCE!**

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or Dizzy		Throbbing Headache
Excessive Sweating		No Sweating
Cool, Pale, Clammy Skin		Body Temperature above 103° Red, Hot, Dry Skin
Nausea or Vomiting		Nausea or Vomiting
Rapid, Weak Pulse		Rapid, Strong Pulse
Muscle Cramps		May Lose Consciousness

- Get to a cooler, air conditioned place
- Sip water if fully conscious
- Take a cool shower or use cold compresses
- Lie down, loosen clothing

CALL 9-1-1
Take immediate action to cool the person until help arrives

Regulations & Consequences



Responsibilities

- Provide a workplace free from serious hazards
- Examine workplace conditions
- Establish and communicate procedures
- Ensure employees follow safety and health requirements
- Provide safety training in language and vocabulary workers understand
- Adopt Injury and Illness Prevention Program
- Ensure employees follow safety and health requirements

Preventing Heat Illness and Keeping Employees Safe is Your Responsibility

Consequences

Outdoor temperature exceeds 80°F...

If any of the required elements are not present:

- Trained employees or supervisor
- Drinking water
- Emergency response procedures
- Shade

You Risk a Serious Citation



Consequences

Order Prohibiting Use (OPU) may be issued:

- Temperature is $\geq 95^{\circ}\text{F}$
- Water, shade, training or emergency procedures not in place
- Temperature is $\geq 80^{\circ}\text{F}$ and there are critical factors putting employees in danger

An OPU will:

- Shut down operations
- Work will not be allowed to resume until the imminent hazard is corrected

10 Steps to Beat the Heat Outdoors



10 Steps to Beat the Heat

1. Acclimatization
2. Watch heat
3. Drink up
4. Access to shade
5. Cool down
6. Emergency plan
7. Write it down
8. Train managers
9. Train everyone
10. Observe & act

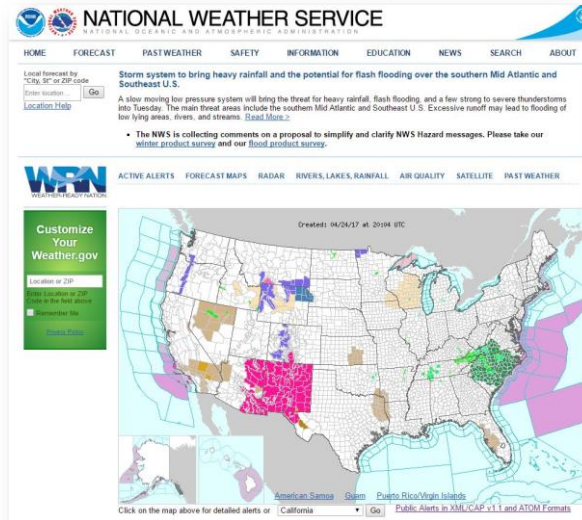
Acclimatization

- Lessen intensity/shift length for new employees
- Closely observe those newly assigned for first 14 days
- Be extra-vigilant to recognize symptoms
- Modify work schedules
- Reschedule nonessential duties



Watch Heat

- Monitor weather at worksite
- Plan and communicate how weather information impacts:
 - Work schedules
 - Water intake
 - Rest breaks



Drink Up!

Potable drinking water must be available to employees, at no cost

- Maintain sufficient pure and cool drinking water
- Provide at least one quart per employee per hour for entire shift!



Access to Shade

- Must be permitted at all times!
 - Below 80°F
- Provide access to shade on request
 - Above 80°F
- Provide to all employees for:
 - Recovery time
 - Rest periods
 - Meal periods



Access to Shade

- Have 1 or more areas of shade available:
- Locate as close as practical to worksite
- Must not cause exposure to another health or safety hazard



Cool Down

Encourage employees to cool-down in shade

- Provide wet towels and items to facilitate cooling
- Supply with cool water
- Monitor employees on cool-down

Ask if they're experiencing signs of heat illness:

- Don't let employees back to work until symptoms abate
- Take appropriate first aid steps or emergency response



Emergency Plan

Have procedures in place for:

- Effective communication
- Response to signs of possible heat illness
- Supervisor to take immediate action
- Implementing emergency response procedures if serious heat illness occurs



Emergency Plan

Have procedures in place for:

- Monitoring employees exhibiting signs of heat illness shall be monitored
- Onsite first aid and appropriate emergency medical services
- Contacting emergency medical services
- Ensuring clear and precise directions to the worksite



Write it Down

Integrate effective outdoor Heat Illness Procedures into IIPP

- Have accessible to employees and OSHA
- Provide in English and language understood by majority of employees



Write it Down

Detail how your company will:

- Address acclimatization methods and procedures
- Monitor weather
- Provide access to water, shade and cool-down areas
- Institute high heat procedures



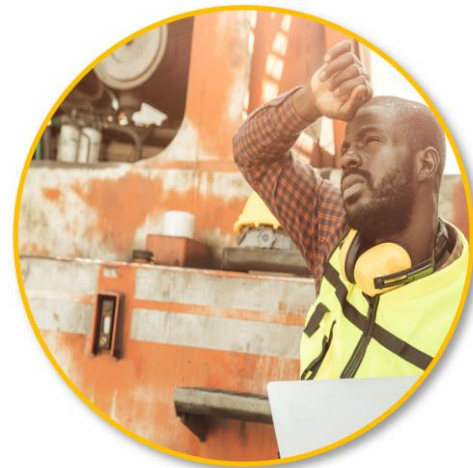
Write it Down

- Train employees and supervisors
- Respond to heat illnesses without delay
- Provide first aid and emergency services
- Provide clear and precise directions to worksite



Write it Down

- Before “heat stress” conditions occur
- Heat standard requirements
- Company plan and procedures
- How to monitor temperatures
- Response to hot weather advisories
- How and when to implement plan
- How to recognize heat illness symptoms
- What to do if heat illness is suspected
- How to monitor weather reports and respond to weather advisories



Train Everyone

- Common signs and symptoms
- Appropriate first aid
- Emergency response
- Knowledge that heat illness can progress rapidly
- The concept, importance, and methods of acclimatization
- Importance of immediately reporting signs to supervisor
- Procedures for responding to heat illness

Observe & Act

- Don't wait – follow procedures
- Designated employee invokes emergency procedures
- Provide first aid
- Stay with worker
- Contact 911
- Supply precise directions



EMERGENCY? Call 911

What to Do in High Heat



What to Do in High Heat

High Heat: Temperature equals or exceeds 95°F

Typical industries impacted:

- Agriculture
- Construction
- Landscaping
- Oil and Gas Extraction
- Transportation

Procedures:

- Hold pre-shift meetings on prevention
- Give frequent reminders to drink plenty of water
- Observe employees for alertness and signs of heat illness
- Designate one or more employees to call for emergency services

What to Do in High Heat

High Heat: Temperature equals or exceeds 95°F

Agricultural Employers:

- Ensure effective communication by voice and observation. Cell phone may be used in areas with reliable reception
- Ensure employees take a 10-minute cool-down every 2-hours
- 10-minute cool-down at end of 8th and 10th hour of work



What to Do in High Heat

High Heat: Temperature equals or exceeds 95°F

- Supervisor or designee has 20 or fewer employees under supervision
- Mandatory buddy system or...
- Regular communication with employees working alone by radio or cell phone
- Response to signs and symptoms of possible heat illness including but not limited to first aid measures and provide medical services
- Employees exhibiting signs or symptoms of heat illness shall be monitored and not be left alone or sent home without first being offered onsite first aid or provided with emergency medical services.

ICW Group Safety & Risk Resources



Safety Resources Available to You

Policyholder Website

- Injured Worker Resources
- Safety Webinars on demand
 - Plus additional resources from today's webinar!
- Safety *OnDemand*®
- And More!!

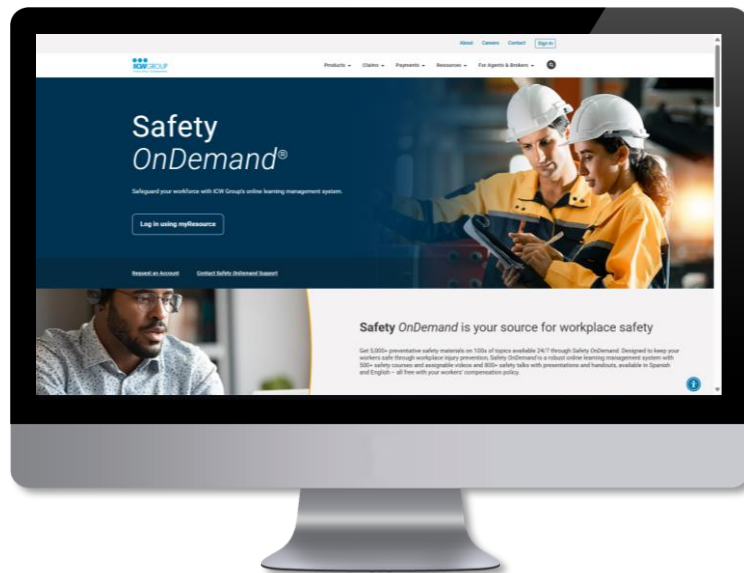
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QUESTIONS?

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THANK YOU!

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