

Company Name: \_\_\_\_\_ Dept: \_\_\_\_\_ Location: \_\_\_\_\_ Date: \_\_\_\_\_

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## OSHA TIPS FOR WORKPLACE HEAT

Roofers on a construction site spend the majority of their time in direct sunlight. It is important to protect yourself and your workers from complications associated with becoming overheated. If your temperature rises, your heart rate increases and you continue to store heat. You may then begin to lose concentration and have difficulty focusing on a task. You may become irritable, sick and lose the desire to drink fluids. You may sustain heat stroke or faint and fall from a high elevation; in both cases death may result. The following are some OSHA tips to keep you safe while working in long hours of heat:

- Encourage workers to drink plenty of water (one cup every 15 min.) even if they are not thirsty.
- Encourage workers to wear lightweight, loose-fitting, light-colored clothing.
- Consider a worker's physical condition when determining fitness to work in hot environments.
- Obesity, lack of conditioning and inadequate rest can increase susceptibility to heat stress.
- Alternate work and rest periods with longer rest periods in cooler areas. Shorter, but frequent work-rest cycles are best. Schedule heavy work for cooler parts of the day and use protective clothing.
- Monitor temperatures, humidity and workers' responses to heat at least hourly.
- Help workers adjust to the heat by assigning a lighter workload and longer rest periods for the first five to seven days of intense heat. This process needs to start all over again when a worker returns from vacation or absence due to illness or injury.
- Learn to spot the signs of heat stroke, which can be fatal. The symptoms are mental confusion/loss of consciousness of concentration, body temperatures of 106 degrees and hot, dry skin. If someone is no longer sweating seek medical attention immediately. Heat induced illnesses also include heat exhaustion, heat cramps, rashes, swelling and loss of mental and physical work capacity.

Meeting Conducted By:

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Print Name

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Signature

Meeting Attended By:

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Document Filing Reference

Notes & Suggestions