By the Numbers: Heat Stress



Whether it’s generated in an indoor setting such as a non-air-conditioned warehouse or foundry or in outdoor worksites such as construction sites or farms, too much heat can be a killer.

- **Three** progressive stages of heat illness are heat cramps, heat exhaustion and heat stroke. Heat cramps, the first sign of heat illness, are muscle cramps. Heat exhaustion is a state of being dizzy, weak and nauseated because of dehydration and loss of body minerals through sweating. Heat exhaustion occurs when the body can no longer cool itself. This condition can quickly turn fatal as body temperature spikes.
- **One** factor that can bring on heat illness more quickly is high humidity. Humidity reduces the rate at which sweat evaporates from the body, keeping body heat on the skin and thereby causing the body’s temperature to rise.
- It takes the human body between **seven and 10 days** to adapt to working in hot weather conditions. (MedicineNet.com)
- **Five** symptoms of heat stroke are red, hot, dry skin; high body temperature; confusion; fainting; and convulsions.
- If you are exercising or performing physically demanding work in hot conditions, you should be drinking up to **10 ounces** (about 300 mL) of water or sports drink every **10 to 20 minutes**. (Presence Health)
- **Six** elements of heat stress training you should be imparting to your workers are the risk factors for heat illness; symptoms of heat-related illnesses; preventative measures they can take; the importance of monitoring themselves and co-workers for symptoms of heat illness; treatment; and how their personal protective equipment could raise their risk of a heat-related illness.
- Heat exhaustion – **Three** things for heat exhaustion first aid: move victim to a cool, shady area or air-conditioned space; have them drink plenty of water or sports drink, and have them take a cool shower, bath or sponge bath.
- Heat Stroke – **Three** things for victims of heat stroke: immediately call 911; move them to a cool, shady area; and cool them by soaking their clothes with water, sponging their skin with cold water, showering the bodies with water, or fanning them.