



Heat Illness Prevention for Manufacturers

As temperatures rise across the South, it's a good time to take stock of heat illness prevention plans. Heat illness can happen during any season. But, in the South, summer brings particular challenges for manufacturers who may work in hot, un-air-conditioned buildings. Georgia Tech's Safety, Health, and Environmental Services (SHES) group has put together this tipsheet of heat stress risks and remedies to help manufacturers keep employees safe and business booming, no matter how hot it gets.

Risks:

- Hot, humid working conditions
- Lack of access to water
- Heavy physical activity
- Indoor heat sources
- Limited air movement
- Use of bulky protective clothing and equipment
- No time to acclimate to the heat
(75% of heat fatalities occur in the first few days of working in warm or hot environments. Workers need to build tolerance for working in the heat.)

Early Symptoms of Heat Illness:

- Tiredness or weakness
- Dizziness
- Headache
- Thirst
- Decreased urine output
- Nausea or vomiting
- Heavy sweating or hot, dry skin

Heat illness can quickly become a medical emergency. **At any of these signs, call 911:**

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

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Remedies:

- Learn the symptoms and response procedures for heat illness
 - Train supervisors and employees on prevention, symptoms, and response procedures
 - Provide periods of rest
 - Schedule frequent breaks in air-conditioned space
 - Ensure workers drink plenty of fluids — 1 cup of water every 15-20 minutes
 - Allow new and returning workers to build tolerance for the heat
- Use air conditioning and increased ventilation in hot, humid indoor spaces
Modify work schedules to avoid heat risk
Provide loose-fitting, moisture-wicking, lightweight clothing

At early signs of heat illness: Provide cool water to drink, Move to a cooler space, Remove unnecessary clothing

The experts at SHES can help your business create a heat illness prevention plan that will keep your employees safe and keep your business humming.

Check out our templates for implementing a heat stress prevention plan and communicating it to your employees as well as additional heat stress related resources:

- Foreman Heat Stress Training Lesson Plan
- Foreman Version Heat Illness Prevention (PPT)
- Management Level Heat Stress Lesson Plan
- OSHA Heat Training Guide
- OSHA Heat Training Guide (Spanish)
- Safety and Health Program Managers Version Heat Illness for Outdoor Workers (PPT)
- Worker Heat Stress Training Lesson Plan
- Worker Version Heat Illness Prevention (PPT)

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