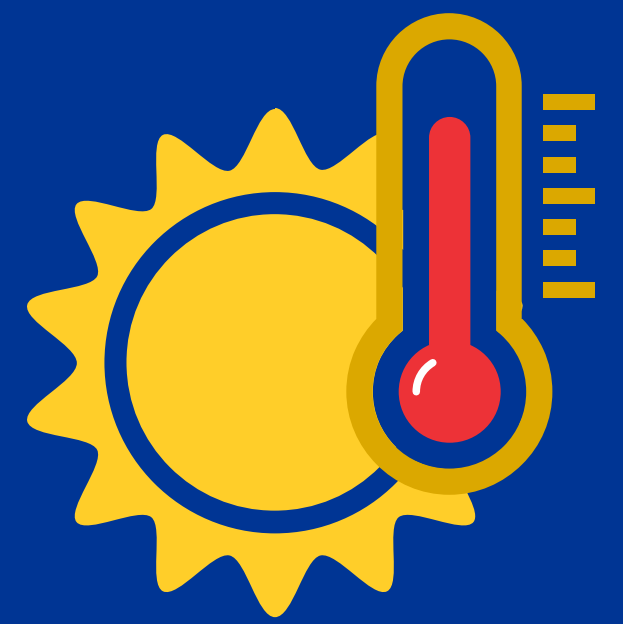


# PREVENT HEAT ILLNESS AT WORK



Workers exposed to extreme heat or working in hot environments may face the risk of heat stress. Such exposure can lead to various occupational illnesses and injuries, including heat stroke, heat exhaustion, heat cramps, and heat rashes. Additionally, heat can increase the likelihood of injuries due to sweaty palms, fogged-up safety glasses, and dizziness. Accidental contact with hot surfaces can also cause burns.

## STAY HYDRATED!!

- Drink a cup of cool water every 15 - 20 minutes, even if you aren't thirsty.
- For prolonged strenuous work, drinking a beverage with electrolytes can help prevent heat exhaustion.
- Avoid drinks with high caffeine or sugar.



## LOOK FOR ANY SIGNS OF HEAT ILLNESS

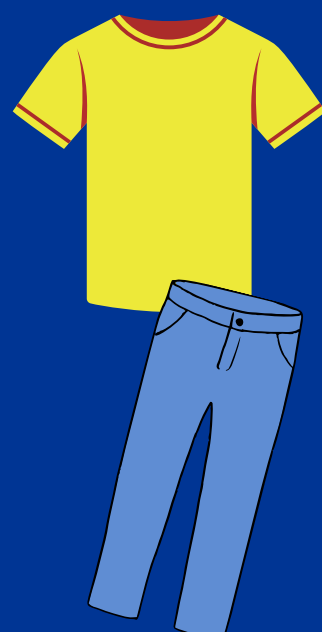
- Have frequent and scheduled rest breaks when needed.
- **Watch out for each other** — encourage workers to monitor themselves and others for signs of heat illness.
- **Signs of heat illness** - include fainting, dizziness, nausea, and weakness.
- When in doubt **Act Quickly**, call Pitt Police (412-624-2121) or 911

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

## HOW TO DRESS??

Wear clothing that is...

- ✓ **Breathable**
- ✓ **Light-colored**
- ✓ **Loose-fitting**



## ADDITIONAL RESOURCES

- Pitt [EH&S](#)
- [National Weather Service](#)
- [Heat.gov](#)
- NIOSH - [Heat Stress](#)
- OSHA - [Heat Illness Prevention](#)