



Help for When it's Hot

Information for Outdoor Workers

In hot weather, outdoor work can be especially dangerous. It takes up to two weeks for a person's body to adapt to hot weather, which means that hot conditions in the early season can be especially dangerous to outdoor workers – even to those who are otherwise healthy and fit. Below are tips to prevent dangerous heat-related illnesses, and what to do if you experience symptoms.

Stay Cool

- Drink 2-4 cups of water every hour while working outdoors.
- Find a buddy and watch each other for signs of heat stress.
- Plan frequent breaks in a cool area
- Wear light, loose-fitting clothing and a hat.
- Gradually increase the length and intensity of work in hot weather over the course of 1-2 weeks.

Heat Exhaustion

SYMPTOMS

- Heavy sweating
- Extreme weakness
- Dizziness
- Nausea, vomiting
- Rapid heartbeat
- Shallow breathing

WHAT TO DO

- Remove excess clothing
- Rest in a cool area
- Take a cool shower, bath, or sponge bath
- Drink plenty of water

Heat Stroke

SYMPTOMS

- Confusion
- Rapid pulse
- Seizures
- Loss of consciousness
- Body temperature of 103° or higher
- Hot, dry skin or profuse sweating

WHAT TO DO

Call 911. Heat stroke is an emergency. While you wait for help, move to an air-conditioned space, and cool down with cold towels and ice.