

## Best Practices for Preventing Heat Illness



The best way to prevent heat illness is to make the work environment cooler.

Recommendations for All Work Environments (Indoors and Outdoors):

- Train workers and supervisors about the hazards leading to heat illness and ways to prevent them.
- Train workers to recognize symptoms in themselves and others.
- Train and encourage workers to immediately report symptoms in themselves and others.
- Provide workers with plenty of cool water in convenient, visible locations close to the work areas. Water should have a pleasant and odor-free taste, and water temperature should be 50-60 degrees if possible.
- Remind workers to frequently drink small amounts of water before they become thirsty to maintain good hydration. During moderate activity, in moderately hot conditions, workers should drink about 1 cup every 15 to 20 minutes. Instruct workers that urine should be clear or lightly colored.
- Workers should eat regular meals and snacks as they provide enough salt and electrolytes to replace those lost through sweating as long as enough water is consumed.
- Set up a buddy system, if possible; if not, check routinely (several times an hour) to make sure workers are making use of water and shade and are not experiencing heat-related symptoms.
- Schedule frequent rest periods with water breaks in shaded or air-conditioned recovery areas. Note that air conditioning will NOT result in loss of heat tolerance and is recommended for rest breaks.

*Source: CDC, Workplace Safety and Health*