

Heat Illness Prevention Program



Have and plan
and now your work
environment



Provide basic
training to
employees



Monitor
temperature and
humidity



Monitor the
employees for
signs/symptoms



Provide water
or sports drinks



Provide feasible
controls



Adjust work/rest
schedule if HI > 90



Provide cooled
or shaded rest
areas



Provide extended
break times

Heat Illness Prevention Program Recommendations

- Schedule
- Acclimatize
- Reduce
- Relief
- Provide

By law employers are responsible for providing workplaces free of known safety hazards, including extreme heat.

It is your responsibility to:

- Provide workers with water, rest and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks during the first week of work as they build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

[osha.gov/heat](https://www.osha.gov/heat)



OSHA[®]

Heat Illness Prevention Program Recommendations

Heat Advisories and Excessive Heat Warnings

EXCESSIVE HEAT WATCH

An Excessive Heat Watch is issued when **dangerous heat is possible**.

Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.

Be Prepared.



weather.gov

EXCESSIVE HEAT WARNING

An Excessive Heat Warning is issued when **dangerous heat is happening or about to happen**.

Avoid heavy activity & direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly & pets.

Take Action!

OSHA monitors the NWS and so should you!