



Heat-Related Illness Prevention— for Employees

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:
our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on www.easternalliance.com, or contact your Risk Management Consultant for assistance
1.855.533.3444

Things are starting to warm up at Eastern Alliance. Our Risk Management Department has taken a proactive approach to remind employers and employees of the risks associated with summer weather. Physically demanding work plus long days with hot temperatures puts workers at risk for Heat-Related Illnesses including, Heat Cramps, Heat Rash, Heat Exhaustion and Heat Stroke. As temperatures begin to rise, now is the time to prepare for hot weather hazards and develop strategies for protecting workers.

Heat-Related Illness	Symptom	First Aid Measures
<p>Heat Rash: A common problem resulting from persistent wetting of clothing by unevaporated sweat.</p>	Symptoms of heat rash are typically clusters of red bumps on the skin. The rash often appears on the neck, upper chest, and within or near folds of skin.	<ul style="list-style-type: none"> • Try to work in a cooler, less humid environment when possible • Keep the affected area dry
<p>Heat Cramps: Usually the result of hard physical labor in a hot environment, often resulting from an imbalance of electrolytes in the body.</p>	Symptoms include muscle spasms or pain typically found in the abdomen, arms, or legs.	<ul style="list-style-type: none"> • Have the worker rest in shady, cool area • The worker should drink water or other cool beverages • Wait a few hours before allowing worker to return to strenuous work • Have the worker seek medical attention if cramps don't go away
<p>Heat Exhaustion: A result of the combination of excessive heat and dehydration. Untreated, heat exhaustion can lead to heat stroke.</p>	The symptoms of heat exhaustion include headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judgment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, cool moist skin, weak and rapid pulse (120-200), and low to normal blood pressure.	<ul style="list-style-type: none"> • Have the worker sit or lie down in a cool, shady area • Give the worker plenty of water or other cool beverages to drink • Cool the worker with cold compresses/ice packs • Take the worker to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes • Do not return to work that day
<p>Heat Stroke: The most serious disorder associated with heat stress. It occurs when the body's temperature regulation fails and body temperature rises to critical levels. Heat stroke is a medical emergency that can lead to death.</p>	The early symptoms of heat stroke include a high body temperature (103° F); a distinct absence of sweating (usually); hot red or flushed dry skin; rapid pulse; difficulty breathing; constricted pupils; any/all signs or symptoms of heat exhaustion such as dizziness, headache, nausea, vomiting, or confusion, but more severe; bizarre behavior; and high blood pressure. Advanced symptoms may be seizure or convulsions, collapse, loss of consciousness, and a body temperature of over 108° F.	<ul style="list-style-type: none"> • Call 911 • While waiting for help: <ul style="list-style-type: none"> • Place the worker in shady, cool area • Loosen the worker's clothing, and remove outer clothing • Fan air on the worker; place cold packs in armpits • Wet the worker with cool water; apply ice packs, cool compresses, or ice if available • Provide fluids (preferably water) as soon as possible • Stay with worker until help arrives



Heat-Related Illness Prevention— for Employees

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

**The N3L3
philosophy:**
our approach to
protecting workers
from fatal and life-
changing events.

*Eastern Alliance is here
to help. To learn more
about Eastern's N3L3
program and access
other safety resources,
sign in and visit the
Safety Tools on
www.easternalliance.com,
or contact your
Risk Management
Consultant for assistance*

1.855.533.3444

Basic tips for avoiding heat-related illnesses:

- **Stay Hydrated!** Drink plenty of cold water! It is recommended to drink 8 ounces every 15 minutes, even if you're not thirsty. You should avoid alcohol, caffeinated drinks and heavy meals.
- Wear lightweight, light colored, loose-fitted clothing. Depending on the task, workers may need to wear long-sleeves and a hat.
- Take frequent, short breaks. Rest in cool, shaded areas.
- Pace yourself and schedule strenuous work for cooler parts of the day. As days grow hotter, rest breaks and hydration should increase accordingly.
- Acclimate yourself by gradually increasing the length and intensity of work in hot environment.