

Safety Alert Heat Illness

The City of Denton is seeing an increase in employees who experience heat-related illnesses. Read on to learn what you can do to protect yourself, your co-workers, family and friends.

Heat stress occurs when the body is unable to cool itself by sweating. Appropriate clothing, frequent breaks, plenty of water and proper work management are critical to reducing the potential for illness from heat exposure.

If you are working outside and the **temperature exceeds 95°F**, you should:

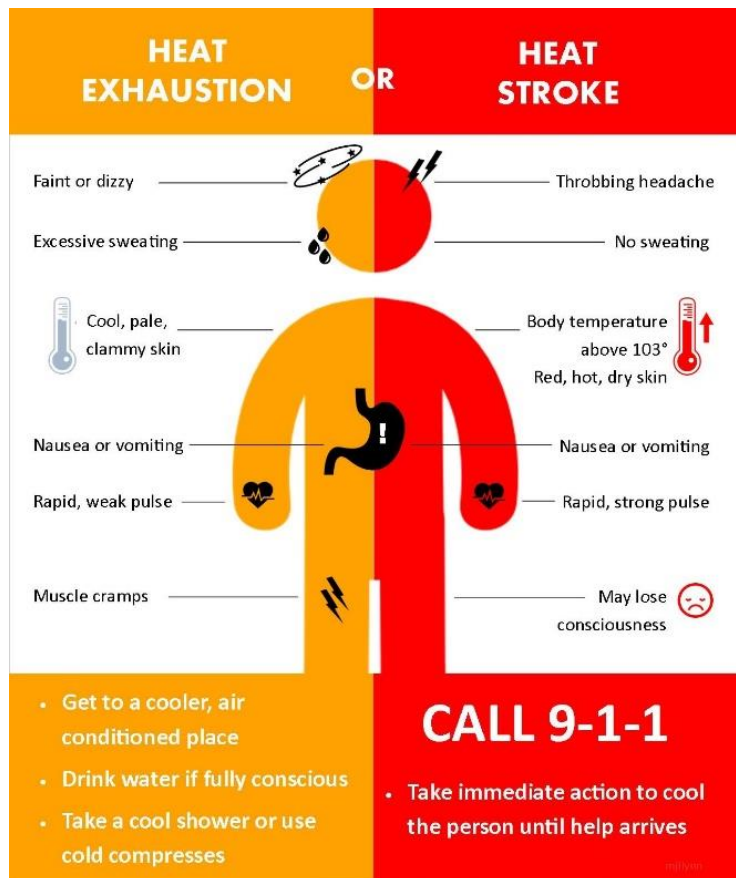
- Take a break for 10 minutes every 2 hours, at a minimum
- Drink at least one quart (or 2 bottles of water) per hour

The three progressive stages of heat illness are:

- Heat cramps
- Heat exhaustion
- Heat stroke

Heat tolerance can be affected by medications taken, non-breathable clothing or PPE, alcohol use in the past 24 hours, high temperatures with high humidity, lack of wind, and proximity to engines or other hot equipment.

Learn to **recognize the signs** of heat-related illnesses. Typical symptoms at various stages of heat stress include thirst, fatigue, dizziness, vision difficulties, cramps, spasms, chills, clammy skin, profuse sweating, and ultimately poor coordination, confusion or even loss of consciousness.



Heat exhaustion and heat stroke warning signs - National Weather Service graphic

REMEMBER...

Hydrate BEFORE starting work.

Dress Appropriately (lightweight loose, long sleeves and breathable light-colored fabric).

Take breaks regularly and continue hydrating.

These guidelines apply at work and home, especially if your children are playing sports.

If you have any questions, send an email to Safety@CityofDenton.com