Heat Illness Prevention Campaign - Update

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Directorate of Standards and Guidance
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Campaign Background

• OSHA’s Heat Illness Prevention campaign launched in 2011 and was modeled after Cal/OSHA’s heat campaign

• Campaign educates employers and workers on the dangers of working in the heat
Heat Illness Prevention

Every year, dozens of workers die and thousands more become ill while working in hot or humid conditions. The OSHA Heat Illness Prevention campaign educates employers and workers on the dangers of working in the heat.

Featured Resources
- Preventing Heat Stress at Work (OSHA 3011 - English PDF)
- Heat Illness: Preventing Heat Illness at Work (OSHA 3011 - English PDF)
- Full Text of Heat Illness Prevention Stackable OSHA 30
- See all OSHA publications about this topic.

Heat Illness General Education
- Heat illness is serious, but you can prevent it.

Employer’s Responsibility
- Employers can keep employees safe in the heat.

Worker Information
- Understand your rights and what you can do about heat stress.

Featured Video
- Remembering Jim, A Worksite Fatality

Information from Other Agencies
- CDC
- NIOSH
- NIOSH Heat Stress National Center
- NIOSH Heat Stress Education for NIOSH
2021 New Materials

Prevent Heat Illness at Work
Outdoor and indoor heat exposure can be dangerous.

Ways to Protect Yourself and Others

- Drink Water. Drink water even if you aren’t thirsty. Hydration is very important.
- Take shade breaks. Take breaks from heat-generating activities to escape the sun and cool down.
- Find Shade or a Cool Area. Take breaks in a shaded or cool location.
- Wear Proper Clothing. Wear lightweight, loose-fitting, and moisture-wicking clothing.
- Watch Out for Each Other. Monitor yourself and others for signs of heat illness.

First Aid for Heat Illness

The following are signs of a medical emergency:
- Altered thinking or behavior
- Dizziness or lightheadedness
- Confusion or irritability
- Nausea or vomiting
- Fatigue
- Loss of consciousness
- Cool, wet, and clammy skin
- Heavy sweating
- Dizziness or fainting
- Decreased urine output

Take these actions:
- Give water to drink
- Remove unnecessary clothing
- Move to a cooler area
- Cool with water, ice, or a fan
- Do not fan alone
- Seek medical care

For more information: 1-800-321-Osha (6742)
TTY 1-877-698-6477 www.osha.gov/heat

OSHA 2021 Prevent Heat Illness at Work.
Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

**Ways to Protect Yourself and Others**

- Drink Cool Water
- Take Rest Breaks
- Find Shade or a Cool Area
- Dress for the Heat
- Watch Out for Each Other

**First Aid for Heat Illness**

- **The following are signs of a medical emergency:**
  - Abnormal thinking or behavior
  - Seizures
  - Loss of consciousness

- **If a worker experiences:**
  - Headache or nausea
  - Weakness or dizziness
  - Heavy sweating or hot, dry skin
  - Rapid, shallow breathing
  - **Decreased urine output**

- **Take these actions:**
  - Give cool water to drink
  - Remove unnecessary clothing
  - Move to a cooler area
  - Cool with water, ice, or a fan
  - Soothe the skin
  - Seek medical care

For more information:
- 1-800-321-OSHA (6742)
- TTY 1-877-889-5527
- www.osha.gov/heat
Heat PSAs

- 60 Second Audio Messages on Heat Illness Prevention
  - English: Recording | Transcript
  - Spanish: Recording | Transcript

- 60 Second Video Messages on Heat Illness Prevention
  - English: Recording | Transcript
  - Spanish: Recording | Transcript
Sun Safety at Work

Sun exposure causes skin cancer, premature aging of the skin, and cataracts.

☑ Cover up. Wear tightly-woven clothing that blocks out light.

☑ Use sunscreen. Use a sunscreen that has a sun protection factor (SPF) of at least 15.

☑ Wear a hat. A wide brim hat protects the neck, ears, eyes, forehead, nose, and scalp.

☑ Wear UV-absorbent shades. Sunglasses should block UVA and UVB radiation.

☑ Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m.

osha.gov/heat
Remembering Tim:
A Life Lost to Heat Illness at Work

Tim didn’t have to lose his life.

https://www.youtube.com/watch?v=o3ULhPd0KQg&feature=youtu.be
Safe + Sound Campaign
Heat eNewsletter

The Heat Source

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Secondary Supporting H2 Heading Text If You Need It

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Thank you!

Questions or comments?