



# Physical Plant Department SAFETY SHORT WORKSAFE

## Working in Extreme Heat

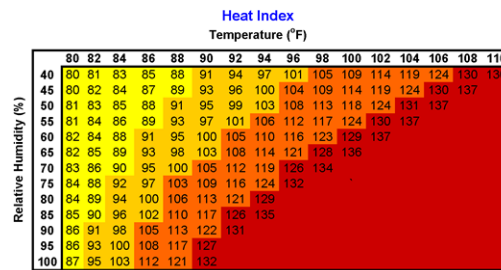
As we enter the summer months we need to remind ourselves that many of us are exposed to heat on the job, outdoors or in hot indoor environments. Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness.

Outdoor operations conducted in hot weather and direct sun, such as construction, asbestos removal, landscaping, emergency response operations, also increase the risk of heat-related illness in exposed workers.

### The best defense is prevention. Here are some prevention tips:

- Drink plenty of fluids, regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink while the weather is hot. Notify your supervisor of any medical conditions.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Wear lightweight, light-colored, loose-fitting clothing.
- Limit or schedule your outdoor work activities if possible to morning and evening hours.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).
- Use the “Buddy System” to check in with fellow co-workers to ensure everyone is okay.

NOAA's National Weather Service



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity  
 Caution    Extreme Caution    Danger    Extreme Danger

- Use the Heat Index: A Guide for Employers to help plan work activities: [https://www.osha.gov/SLTC/heatillness/heat\\_index/index.html](https://www.osha.gov/SLTC/heatillness/heat_index/index.html)

**This Safety Short is to remind us all we have a role to play in keeping UVM safe.**

**WORK SAFE LIVE SAFE BE SAFE.**