



*The*  
**UNIVERSITY**  
*of* **VERMONT**

**Physical Plant Department**  
**SAFETY SHORT**

**WORKSAFE**

## **KEEP YOUR COOL      WORKING IN THE HEAT**

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness

### **Protect Yourself & Coworkers.**

- Supervisors should take steps that help workers become acclimatized (gradually build up exposure to heat), especially workers who are new to working in the heat or have been away from work for a week or more. Gradually increase workloads and allow more frequent breaks during the first week of work.
- Drink small amounts of water frequently; (one quart per hour) do not wait until you become thirsty to hydrate. On
- Rather than being exposed to heat for extended periods of time, workers should, wherever possible, be permitted to distribute the workload evenly over the day and incorporate work/rest cycles.
- If possible, physical demands should be reduced during hot weather, or heavier work scheduled for cooler times of the day.
- Rotating job functions among workers can help minimize overexertion and heat exposure. Take short frequent breaks (in the shade) as necessary.
- Workers should watch out for each other for symptoms of heat-related illness and administer appropriate first aid to anyone who is developing a heat-related illness.
- TCO can be reached at [tco@uvm.edu](mailto:tco@uvm.edu) or 6-SAFE for assistance

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