

# KSU Facilities Safety Bulletin

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## July Vivid Course

All: Heat Stress

Login with your KSU eid and Password: <https://otis.osmanager4.com/KSU>

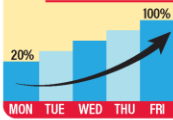


## Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

### Ways to Protect Yourself and Others

**Ease into Work.** Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



#### Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



#### Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



#### Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



#### Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



#### Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



#### If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

### First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

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» CALL 911 IMMEDIATELY

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» COOL THE WORKER RIGHT AWAY WITH WATER OR ICE

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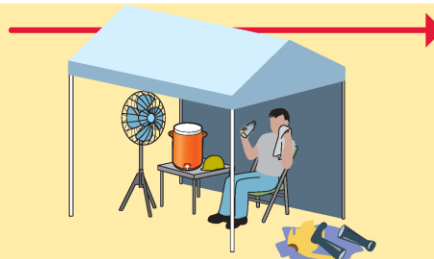
» STAY WITH THE WORKER UNTIL HELP ARRIVES



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

#### If a worker experiences:

Headache or nausea  
Weakness or dizziness  
Heavy sweating or hot, dry skin  
Elevated body temperature  
Thirst  
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 leave alone
- » Seek medical care if needed



For more information: 1-800-321-OSHA (6742)

TTY 1-877-889-5627 [www.osha.gov/heat](http://www.osha.gov/heat)

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See [www.osha.gov/workers](http://www.osha.gov/workers) for information about how to file a confidential complaint with OSHA and ask for an inspection.

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