

What is it and why is it a concern?

Heat stress is a condition that occurs when the body cannot get rid of excess heat. Your body temperature rises, heart rate increases, and you may experience a range of symptoms, from sweating (or lack of sweating) to dizziness and collapse. The combination of hot weather and physical labor puts many at risk for heat stress. Boulder can reach very high temperatures during the summer months, increasing the risk of heat stress for many workers. If symptoms of heat stress are ignored, it can lead to heat exhaustion or the possibly fatal condition of heat stroke. Heat exhaustion symptoms do not always show up before heat stroke. Both heat related illnesses can be avoided by taking preventative measures and being aware of the warning signs.

Symptoms

Heat Exhaustion

- Dizziness
- Headache
- muscle cramp
- Nausea
- Rapid heartrate
- Sweaty skin
- Vomitting
- Weakness

Heat Stroke

- Confusion
- Convulsions
- Fainting
- High body temp
- Red, hot, dry skin

How to protect yourself

- Download the free OSHA-NIOSH heat safety tool app to your smartphone.
- Drink water every 15 minutes!
- Drink beverages with electrolytes to prevent cramping.
- Take breaks in a safe, cool, and shaded area.
- Wear a hat and breathable, loose clothing.
- Look out for heat stress in yourself and others.
- Notify your supervisor if symptoms of heat stress occur!
- Call 911 in an emergency.



Drink water every 15 minutes!

NIOSH recommendations for work/rest ratio



NIOSH Heat Index App

