



FS/NAAF GARRISON SAFETY OFFICE

Outsmart the Darkness: Your Weekly Safety Spotlight



Working in the Heat

Warmer weather is here in South East Georgia. It's crucial to recognize the potential hazards of working in the heat. Heat-related illnesses, from mild heat rash to life-threatening heatstroke, are preventable with awareness and proactive safety measures. Be Aware, Be Prepared and Work Smart this summer!

Be Aware

Environmental Factors That Increase Risk

- Humidity— Reduces the effectiveness of sweating by reducing evaporation and cooling
- Sun Exposure— Direct sunlight adds radiant heat load to the body, increasing internal temperature
- Wind Speed— Low wind speeds can prevent sweat from evaporating, High wind speeds increase dehydration for the opposite reason
- Surface Type— Some surfaces reflect or radiate heat (asphalt, metal roofs, or concrete)
- Proximity to Heat Sources— Machinery, ovens, vehicles etc generate heat and add to the overall heat stress
- Altitude— Higher altitudes can increase the effects of heat due to lower air pressure and increased UV radiation

At Risk Populations

- New employees/ Those not acclimatized
- Individuals with pre-existing medical conditions
- Older adults
- Individuals with history of heat illness
- Those working in protective gear

Be Prepared

Fuel Your Body

- Eat regular meals and snacks
- Consider options to replenish lost electrolytes
- Hydrating foods like fruits and vegetables
- Salty foods like pretzels or sports drinks

Dress for the Heat

- Lightweight, light-colored clothing
- Long sleeves
- Wide-brimmed hat
- Focus on breathable fabrics such as cotton

Be Smart

Work Rest Plan

- Strategically integrates regular, scheduled breaks into the workday, specifically designed to prevent overheating
- Adjust break frequency and duration based on the level of heat stress
- Example from the CDC/NIOSH:
 - 100 degree heat: **Light work**—Normal, **Moderate work**—45min work/ 15min rest, **Heavy work**—30min work/ 30min rest
 - 107 degree heat: **Light work**—40min work/ 20min rest, **Moderate work**—15min work/ 45 min rest, **Heavy work**—Exercise Caution
- Adjust for humidity/ Heat Category

Buddy Up

- Keep an eye on coworkers and encourage them to do the same for you
- Know and understand the warning signs for heat illnesses