



FS/NAAF GARRISON SAFETY OFFICE

Outsmart the Darkness: Your Weekly Safety Spotlight



Heat Injuries

Despite being largely preventable, workplace heat-related injuries and illnesses continue to impact workers across various industries. Increased awareness of the signs and symptoms of heat stress, coupled with proactive safety protocols, can significantly reduce the incidence of these injuries. Prioritizing heat injury awareness is not only a legal and ethical responsibility, but also vital for maintaining a productive and healthy workforce.

Heat Injury Statistics

Heat Kills!

- 267 Workplace heat illness deaths in US between 2010 and 2020
 - 1 Death was a 17 year old on a 95 degree day
- In 2023, OSHA reported 5,400 heat-related incidents investigated
- When temperatures are above 98.6 degrees Fahrenheit, your body needs help cooling down
- Industry Breakdown
 - Construction—40-50% of fatalities
 - Agriculture—20-25% of fatalities
 - Transportation/Warehousing—10-15% of fatalities

Types of Heat Injuries

- Heat Rash
- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Heat Disorder Symptoms

Heat Rash

- Red raised rash
- Impairs and decreases effectiveness of sweating

Heat Cramps

- Muscle cramps, pain or spasms in the abdomen, arms or legs

Heat Exhaustion

- Moist, clammy skin
- Dilated pupils
- Normal or subnormal temperature
- Dizziness, confusion and/or nausea
- Weak pulse
- Rapid breathing

Heat Stroke

- Dry, red, hot skin
- Pupils constricted
- Very high body temperature
- Dizziness, confusion and/or nausea
- Rapid Pulse
- Unconsciousness
- Coma
- Death

Responding to Heat Illness or Injury

General Response

- Move to a cooler location
- Do not leave the person alone
- Remove or loosen excess clothing

Heat Rash

- Keep affected area clean and dry
- Avoid further irritation

Heat Cramps

- Gently stretch and massage affected muscles
- Provide cool water or sports drink

Heat Exhaustion

- Apply cool, wet cloths or ice packs to neck, armpits, and groin
- Provide cool water or sports drink
- Monitor for worsening symptoms (can quickly progress to heat stroke)

Heat Stroke

- **Call 911 or Emergency Services**
- Aggressively cool the body
- Monitor breathing and pulse until medical help arrives