Beat the Heat and Keep Your Cool: Indoors

When it comes to heat, indoor workers can face the same hazards as outdoor workers. Summer temperatures are exacerbated by inadequate ventilation and equipment generating heat. Customers in such industries as machine shops, foundries, packing houses, etc., who have workplaces reaching above 80° will find this webinar beneficial.

You'll learn:

- 10 easy steps to reduce heat illness risk.
- Key training elements for supervisors and employees.
- How to implement a heat illness prevention program in your workplace.

Download these helpful heat illness prevention resources

Heat Illness Prevention Plan


Heat Illness Prevention Plan

Introduction

[Edit this plan for your own company.]

Heat Illness “Know the Difference”



[Learn the difference between heat exhaustion and stroke.]

Tips to Prevent Indoor Heat Illness



[Assess slip, trip & fall risks and plan possible solutions.]

Heat Illness – Causes, Symptoms, Treatments



[Use this hand-out when training employees.]

Indoor Heat Illness Prevention Quiz



[This short quiz helps to reinforce training.][

10 Tips to Beat the Heat Indoors Flyer



[Post this flyer to encourage heat illness prevention.]

Submitted Webinar Q&A


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Submitted Questions

1. We have an air conditioned lunch room but have never had cooling towels. How important is it to have these available?

Cooling towels are optional equipment. They provide a damp cool surface to place against the skin and help to reduce heat almost immediately. When in an air conditioned environment, the cooling towels are typically not needed, they can still be a good relief for employees working in hot environments.

2. How does an employer go about acclimatizing workers?

Acclimatization is the beneficial physiological adaptations that occur during repeated exposure to a hot environment. These physiological adaptations include:

- Increased sweating efficiency (earlier onset of sweating, greater sweat production, and reduced electrolyte loss in sweat).
- Stabilization of the circulation.
- The ability to perform work with lower core temperature and heart rate.
- Increased skin blood flow at a given core temperature.

To acclimatize workers, gradually increase their exposure time in hot environmental conditions over a 7–14 day period. New workers will need more time to acclimatize than workers who have already had some exposure.

Acclimatization Schedule

- For new workers, the schedule should be no more than a 20% exposure on day 1 and an increase of no more than 20% on each additional day.
- For workers who have had previous experience with the job, the acclimatization regimen should be no more than a 50% exposure on day 1, 60% on day 2, 80% on day 3, and 100% on day 4.
- In addition, the level of acclimatization each worker reaches is relative to the initial level of physical fitness and the total heat stress experienced by the individual.

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Safety Sound Off Podcast

Check out the latest in this audio series with special pre-webinar interviews:

Indoor Heat Can Kill – What You Need to Know to be Safe

with Rick Fineman, ICW Group VP Risk Management

[Downloadable mp3]