

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

Protect employees who work in hot environments or hot environments from heat illness

Introduction

[Organization Name] understands that employees who work in hot environments for extended periods of time are at risk for heat-related illnesses and that every employee has the right to a heat-free的工作.

[Organization Name] is committed to taking every precaution to protect employees who might be exposed to heat stress, including establishing safe work practices, heat illness prevention, and emergency preparedness, which will be detailed in this plan. [Organization Name] complies with local, state, and federal regulations, and follows best practices.

Terms:

- Heat stress: Stress on the body due to high temperatures or exertion, which can lead to heat illness if untreated.
- Heat illness: Illnesses that develop as a result of heat stress, including heat cramps, heat exhaustion, and heat stroke.
- Acknowledgment: The physical process of adapting to a different thermal environment, allowing better regulation of heat.
- Heat wave: Extended temperatures over 10°F to anything the temperature is 10° higher than the average high daily temperatures in the preceding five days.

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Protect the Heat-Stricken. Communicate. Heat Management Services

[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

Heat Illness
Causes, Symptoms, Treatments

Use this document to provide your employees valuable information about heat stress including its causes, symptoms and treatments. Include any steps you and your employees can take to prevent on-the-job heat related illnesses.

Factors Leading to Heat Stress

The following are common factors that can all contribute to heat stress:

- High temperature and humidity
- Direct sun or heat
- Limited air movement
- Physical exertion
- Poor physical condition
- Some medications
- A lack of tolerance for hot environments or areas

Heat Stress Prevention

- Know the signs and symptoms of heat related illnesses, and monitor yourself and your co-workers.
- Block or avoid direct heat sources.
- Use cooling fans or air conditioning.
- Take regular breaks in shaded areas.
- Drink plenty of water or high-electrolyte fluids.
- Wear lightweight, light-colored, and loose-fitting clothing.
- Avoid alcohol, caffeinated drinks, and heavy meals.
- If you detect signs of heat exhaustion, notify a supervisor or appropriate individual with first aid training.

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www.insuregroup.com/scr | 888-877-3111

Use this hand-out when training employees.

Indoor Heat Illness Prevention Quiz

Indoor Heat Illness Quiz

Name _____ Date _____

1) Ways that the body loses and gains heat include all of the following except _____

A. Evaporation
 B. Reflection
 C. Radiation
 D. Convection

2) Heat index is based on air temperature and _____

A. Humidity
 B. The level of exertion
 C. The clothing and PPE worn
 D. Air movement

3) An employee working near an oven in a bakery is sweating, dizzy, and sweating profusely. These are symptoms of what heat illness?

A. Heat cramps
 B. Heat stroke
 C. Heat exhaustion
 D. None of the above.

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This short quiz helps to reinforce training.

10 Tips to Beat the Heat Indoors Flyer

10 TIPS TO BEAT THE HEAT

indoors

Heat illness is preventable! Staying cool indoors is a must when trying to work at your best effort. Follow these tips to stay cool inside the workplace.

ACCLIMATIZE



Get used to the heat before it gets you!

EMERGENCY PLAN



Have procedure ready before emergencies happen.

WATCH HEAT



Monitor the environment for 85°

WRITE IT DOWN



Have workers stay in place and add to IFR*

DRINK UP!



Be sure to drink a quart of cool water per hour

TRAIN MANAGERS



I have supervisors trained and ready to act on plan

PLAN FOR REST



Use RWTG* and workload calculations

TRAIN EVERYONE



Help all employees recognize warning signs

COOL DOWN



Use designated cool areas, wet towels, fan

OBSERVE & ACT



Don't wait – keep employees safe!

EMERGENCY? Call 911

Know the symptoms of heat stress. Stay hydrated. Be on the lookout for signs of heat related illness. Don't wait, act on heat stress immediately! Learn more at icwgroup.com/safety



[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 to help to remove heat stress immediately. While 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 (softer 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, 65% 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 stress 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](#)

