

Emergency Preparedness – Heat Illness Prevention Month May 2022



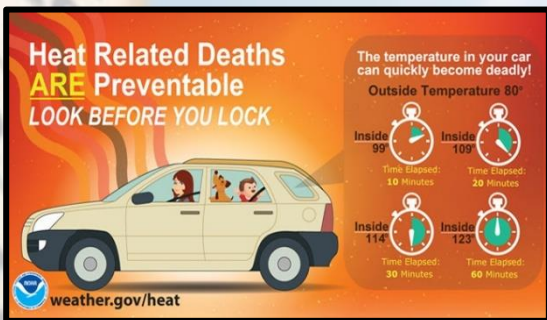
Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during the extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and / or vital organs.

NEVER leave infants or children in a parked car, even if you have the windows open.

Dress infants and children in loose, lightweight, light-colored clothing.

Make sure they are drinking plenty of fluids. Stay away from really cold drinks or drinks with a lot of sugar.

Even when it feels cool outside, cars can heat up to a dangerous temperature very quickly.



Employers are responsible for providing workplaces free of known safety hazards. This will also include keeping employees safe while working in extreme heat.

Employers are required to provide the following:

1. Water, rest and shade
2. Allow new and returning employees to gradually increase workloads and take more frequent breaks while the employee is becoming acclimated to working in the heat.
3. Plan for emergencies and training employees on prevention.
4. Monitor employees for signs of heat related illnesses.

For more heat safety resources please click on [this link](#) for the OSHA Website.

